



## Spanish Spice Rubbed Rib-Eye with Sherry Vinegar Steak Sauce

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon ancho chili powder
- 2 grilled bell peppers red peeled seeded drained chopped
- 0.5 teaspoon pepper black freshly ground
- 3 tablespoons dijon mustard
- 1 tablespoon fennel seeds
- 48 ounce filet mignon steaks boneless
- 1 teaspoon coarsely ground pepper black

- 2 tablespoons honey
- 1 tablespoon horseradish prepared drained
- 1 teaspoon kosher salt
- 2 teaspoons kosher salt
- 1 tablespoon blackstrap molasses
- 1 tablespoon mustard seeds
- 4 servings olive oil
- 3 tablespoons paprika spanish
- 4 servings salt and pepper black freshly ground
- 0.8 cup aged sherry vinegar
- 2 teaspoons worcestershire sauce

## Equipment

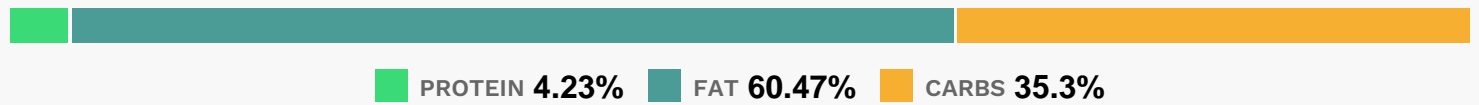
- food processor
- bowl
- whisk
- blender
- grill
- aluminum foil
- cutting board

## Directions

- Place the peppers, vinegar, mustard, horseradish, honey, molasses, Worcestershire, salt and pepper in a food processor or blender and blend until smooth, watching for steak sauce consistency. Can be made 1 day in advance and refrigerated.
- Whisk together the paprika, ancho chili powder, mustard, fennel, salt and pepper in a small bowl until combined.
- Twenty minutes before grilling, remove the steaks from the refrigerator and let sit, covered at room temperature.
- Preheat grill to high.

- Brush the steaks on both sides with oil and season liberally with salt and black pepper. Rub 1 side of each steak with 1 tablespoon of the rub.
- Place the steaks on the grill, rub-side down and let cook until golden brown and slightly charred, 3 to 4 minutes. Turn the steak over and continue grilling 4 to 5 minutes for medium-rare doneness (internal temperature 135 degrees F), medium doneness (140 degrees F), medium-well doneness (150 degrees F).
- Remove the steaks to a cutting board or platter, tent loosely with foil and let rest 5 minutes before slicing.
- Serve with the Sherry Vinegar Steak Sauce on the side.

## Nutrition Facts



### Properties

Glycemic Index:80.82, Glycemic Load:7.24, Inflammation Score:-9, Nutrition Score:15.727391191151%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

### Nutrients (% of daily need)

Calories: 233.87kcal (11.69%), Fat: 16.14g (24.84%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 21.21g (7.07%), Net Carbohydrates: 17.34g (6.31%), Sugar: 16.24g (18.05%), Cholesterol: 0mg (0%), Sodium: 1966.05mg (85.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Vitamin C: 87.26mg (105.77%), Vitamin A: 2692.29IU (53.85%), Manganese: 0.54mg (27.19%), Vitamin E: 4.02mg (26.8%), Selenium: 11.16µg (15.95%), Fiber: 3.87g (15.47%), Vitamin B6: 0.3mg (15.11%), Vitamin K: 15.59µg (14.84%), Magnesium: 49.31mg (12.33%), Iron: 2.17mg (12.08%), Potassium: 382.8mg (10.94%), Folate: 39.11µg (9.78%), Phosphorus: 75.37mg (7.54%), Calcium: 67.46mg (6.75%), Vitamin B1: 0.1mg (6.39%), Vitamin B3: 1.27mg (6.36%), Copper: 0.13mg (6.34%), Vitamin B2: 0.11mg (6.21%), Zinc: 0.65mg (4.33%), Vitamin B5: 0.35mg (3.47%)