



Spanish Spice Rubbed Rib-eye with Sherry Vinegar Steak Sauce



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



704 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings canola oil
- ☐ 1 tablespoon cumin seeds
- ☐ 0.3 cup dijon mustard
- ☐ 2 teaspoons fennel seeds
- ☐ 2 teaspoon coarsely ground pepper black
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon horseradish prepared drained

- ☐ 2 teaspoons kosher salt
- ☐ 1 tablespoon blackstrap molasses
- ☐ 1 tablespoon mustard seeds
- ☐ 3 tablespoons paprika spanish
- ☐ 0.3 cup piquillo peppers pureed (see Cook's note)
- ☐ 32 ounce rib-eye boneless
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 cup aged sherry vinegar
- ☐ 2 tablespoons worcestershire sauce

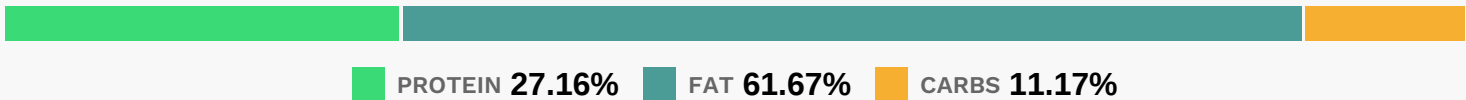
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk together and let sit for at least 30 minutes.
- ☐ Preheat grill to high.
- ☐ Combine spices in a bowl. Season the steaks on both sides with more salt and pepper. Rub 1 side of each steak with the rub and drizzle with oil.
- ☐ Place on the grill rub side down and grill until slightly charred and a crust has formed, 2 to 3 minutes. Turn the steak over and continue grilling to medium-rare doneness.
- ☐ Remove from grill and let rest 5 minutes.
- ☐ Serve with steak sauce on the side.

Nutrition Facts



Properties

Glycemic Index:66.07, Glycemic Load:6.56, Inflammation Score:-6, Nutrition Score:28.88086955962%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 704.27kcal (35.21%), Fat: 48.16g (74.1%), Saturated Fat: 15.44g (96.51%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 17.49g (6.36%), Sugar: 14.62g (16.24%), Cholesterol: 138.35mg (46.12%), Sodium: 1630.08mg (70.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.72g (95.44%), Selenium: 67.62µg (96.59%), Zinc: 12.15mg (80.98%), Vitamin B12: 3.76µg (62.75%), Vitamin B3: 11.66mg (58.32%), Vitamin B6: 1mg (50%), Phosphorus: 395.08mg (39.51%), Iron: 7.01mg (38.95%), Vitamin B2: 0.59mg (34.82%), Potassium: 903.78mg (25.82%), Manganese: 0.52mg (25.79%), Vitamin C: 20.77mg (25.18%), Magnesium: 94.18mg (23.54%), Vitamin E: 2.82mg (18.82%), Vitamin B1: 0.28mg (18.53%), Vitamin K: 16.12µg (15.36%), Copper: 0.3mg (14.99%), Calcium: 90.66mg (9.07%), Vitamin A: 445.38IU (8.91%), Fiber: 2.13g (8.52%), Folate: 18.92µg (4.73%), Vitamin B5: 0.16mg (1.57%), Vitamin D: 0.23µg (1.51%)