



Spice-Rubbed Steak with Quick Garlic Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



591 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb fries frozen french
- 2 large garlic clove thinly sliced lengthwise
- 3.1 teaspoons big daddy's taco rub for beef
- 3 cups vegetable oil

Equipment

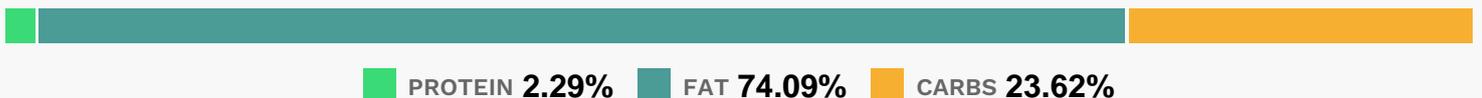
- bowl
- frying pan
- paper towels

- oven
- pot
- kitchen thermometer
- slotted spoon
- tongs
- cutting board

Directions

- Put oven rack in middle position and preheat oven to 450°F.
- Heat 1 inch oil in a 4- to 5-quart heavy pot over high heat until it registers 375°F on thermometer.
- While oil heats, pat steaks dry, then rub all over with spice rub (and salt if necessary).
- Heat 1 tablespoon oil in a 12-inch ovenproof heavy skillet over moderately high heat until hot but not smoking, then sear steaks, turning over once with tongs, until well browned, about 5 minutes total.
- Transfer skillet to oven and roast 10 minutes for medium-rare.
- Check oil while searing steaks, and when it registers 375°F, begin frying french fries in 2 batches (add fries carefully; they may have ice crystals, which could cause spattering), stirring occasionally, until golden and crisp, 4 to 5 minutes per batch.
- Transfer fries with a slotted spoon to paper towels to drain and season with salt and pepper while hot. Return oil to 375°F between batches.
- Turn off heat under pot, then add garlic and fry until pale golden, 30 seconds to 1 minute, and transfer with slotted spoon to paper towels. Toss fries with garlic in a large bowl.
- Transfer steak to a cutting board and let stand 5 minutes. Slice steak and serve with fries.

Nutrition Facts



Properties

Glycemic Index:23.58, Glycemic Load:18.85, Inflammation Score:-4, Nutrition Score:10.2547824927%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 590.93kcal (29.55%), Fat: 49.78g (76.58%), Saturated Fat: 10.19g (63.7%), Carbohydrates: 35.71g (11.9%), Net Carbohydrates: 30.4g (11.05%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 556.33mg (24.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.91%), Vitamin K: 72.75µg (69.28%), Fiber: 5.31g (21.24%), Manganese: 0.39mg (19.48%), Vitamin E: 2.7mg (17.98%), Potassium: 504.31mg (14.41%), Vitamin B3: 2.6mg (12.99%), Vitamin B6: 0.24mg (12.17%), Iron: 2.08mg (11.56%), Vitamin C: 7.8mg (9.45%), Phosphorus: 92.28mg (9.23%), Folate: 27.15µg (6.79%), Vitamin B5: 0.62mg (6.21%), Vitamin B1: 0.09mg (6.07%), Magnesium: 24.29mg (6.07%), Zinc: 0.44mg (2.94%), Calcium: 28.48mg (2.85%), Copper: 0.05mg (2.7%), Vitamin B2: 0.04mg (2.34%), Selenium: 0.89µg (1.27%)