



Spicy Barbecued Rib-Eye Steaks with Smoked Vegetable Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1109 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chili powder
- ☐ 0.3 cup coarse salt
- ☐ 0.8 cup corn oil
- ☐ 0.7 cup t brown sugar dark packed ()
- ☐ 9 garlic clove pressed
- ☐ 1 teaspoon ground cloves
- ☐ 2 teaspoons ground coriander

- ☐ 1 tablespoon ground cumin
- ☐ 0.3 cup pepper black
- ☐ 128 ounce beef rib steak boneless
- ☐ 8 servings salsa smoked

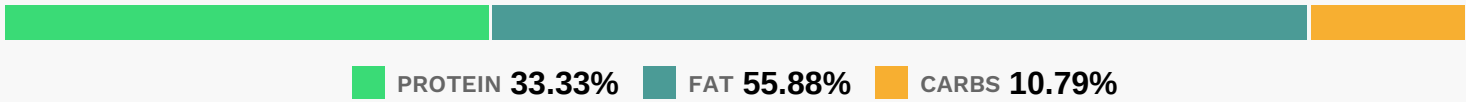
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Mix first 7 ingredients in medium bowl. Using fork, mash in garlic. Using 3 tablespoons spice mixture for each steak, rub spices onto both sides of steaks.
- ☐ Whisk corn oil into remaining spice mixture; set oil rub aside.
- ☐ Place steaks in two 13x9x2-inch glass dishes. Cover; chill steaks and oil rub at least 4 hours and up to 1 day.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush steaks with some of oil rub. Grill steaks to desired doneness, brushing occasionally with oil rub, about 5 minutes per side for medium-rare; let stand 5 minutes.
- ☐ Serve with Smoked Vegetable Salsa.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:1.24, Inflammation Score:-9, Nutrition Score:46.051739153655%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1108.97kcal (55.45%), Fat: 70g (107.69%), Saturated Fat: 29.19g (182.43%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 24.97g (9.08%), Sugar: 19.64g (21.82%), Cholesterol: 276.69mg (92.23%), Sodium: 5291.91mg (230.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 93.93g (187.87%), Selenium: 113.73µg (162.48%), Zinc: 23.86mg (159.08%), Vitamin B12: 7.53µg (125.49%), Vitamin B3: 23.6mg (118.01%), Vitamin B6: 2.1mg (104.8%), Phosphorus: 709.22mg (70.92%), Vitamin B2: 1.19mg (69.72%), Manganese: 1.37mg (68.49%), Iron: 10.77mg (59.83%), Vitamin A: 2464.44IU (49.29%), Potassium: 1601.8mg (45.77%), Magnesium: 131.37mg (32.84%), Vitamin B1: 0.45mg (29.99%), Copper: 0.58mg (29.08%), Vitamin K: 30.29µg (28.85%), Vitamin E: 3.96mg (26.4%), Fiber: 5.46g (21.85%), Calcium: 134.22mg (13.42%), Folate: 18.64µg (4.66%), Vitamin D: 0.45µg (3.02%), Vitamin B5: 0.28mg (2.79%), Vitamin C: 1.88mg (2.27%)