



Spicy Flat Iron Steak Rub

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



567 kcal

SEASONING

MARINADE

Ingredients

- 1.5 teaspoons ancho chili powder
- 2 tablespoons brown sugar
- 1 teaspoon chipotle sauce
- 1 tablespoon chili powder
- 2 pound flat iron steak
- 1 teaspoon garlic powder
- 0.5 teaspoon onion powder
- 4 servings salt and pepper black to taste

1 tablespoon suya seasoning mix salt-free

0.3 cup vegetable oil

Equipment

bowl

Directions

Mix the brown sugar, garlic powder, onion powder, chili powder, ancho chile powder, chipotle chile powder, salt-free seasoning blend, salt, and pepper together in a bowl until thoroughly blended.

Sprinkle over both sides of the steak, and rub into the meat. Cover, and refrigerate at least 30 minutes, or up to 2 days.

Before cooking, drizzle steak with vegetable oil, and rub the oil into the meat. Cook as desired.

Nutrition Facts

 **PROTEIN 31.2%** **FAT 60.72%** **CARBS 8.08%**

Properties

Glycemic Index:2.5, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:31.581739112735%

Nutrients (% of daily need)

Calories: 567.35kcal (28.37%), Fat: 38.1g (58.61%), Saturated Fat: 11.17g (69.81%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 8.42g (3.06%), Sugar: 6.71g (7.46%), Cholesterol: 149.69mg (49.9%), Sodium: 411.02mg (17.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.05g (88.1%), Vitamin B12: 11.45µg (190.89%), Zinc: 15.86mg (105.71%), Selenium: 68.6µg (98%), Vitamin K: 52.32µg (49.83%), Vitamin B6: 0.95mg (47.6%), Phosphorus: 435.18mg (43.52%), Vitamin B3: 8.26mg (41.3%), Iron: 7.29mg (40.49%), Vitamin B2: 0.56mg (33.03%), Potassium: 820.43mg (23.44%), Vitamin B5: 2.23mg (22.33%), Vitamin E: 3.23mg (21.53%), Vitamin A: 878.26IU (17.57%), Copper: 0.33mg (16.46%), Vitamin B1: 0.24mg (16.16%), Magnesium: 63.11mg (15.78%), Manganese: 0.28mg (14.12%), Fiber: 2.99g (11.94%), Calcium: 88.37mg (8.84%), Folate: 16.91µg (4.23%)