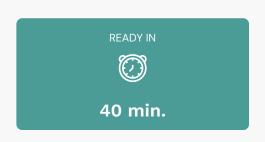
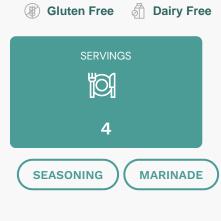


Spicy Flat Iron Steak Rub







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, chile powder, salt-free seasoning blend, salt, and pepper together in a bowl until to blended.	•	
Sprinkle over both sides of the steak, and rub into the meat. Cover, and refrigerate minutes, or up to 2 days.	e at least 30	
Before cooking, drizzle steak with vegetable oil, and rub the oil into the meat. Cook	c 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: Og (100%), Alcohol %: O% (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%)