



Texas Ribeye

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

READY IN



15 min.

SERVINGS



8

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cloves garlic minced
- 1 tsp ground cumin
- 0.3 tsp ground pepper red (cayenne)
- 0.7 cup a.1. original sauce
- 2 lb beef rib-eye steaks boneless

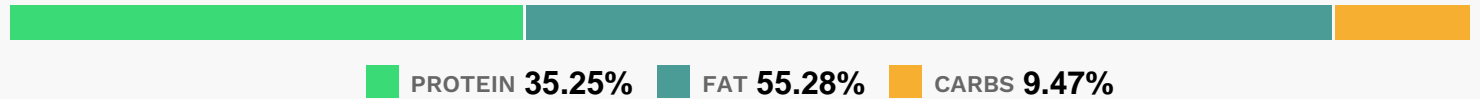
Equipment

- grill

Directions

- Heat grill to medium-high heat.
- Mix all ingredients except steaks until blended.
- Grill steaks 4 to 6 min. on each side or until medium doneness (160F), brushing frequently with steak sauce mixture.
- Cut steaks in half to serve.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:10.523043681746%

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: 263.27kcal (13.16%), Fat: 16.13g (24.81%), Saturated Fat: 7.14g (44.62%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 6.15g (2.23%), Sugar: 4.58g (5.09%), Cholesterol: 69.17mg (23.06%), Sodium: 296.25mg (12.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.14g (46.28%), Selenium: 27.9µg (39.86%), Zinc: 5.85mg (38.99%), Vitamin B12: 1.88µg (31.37%), Vitamin B3: 5.58mg (27.89%), Vitamin B6: 0.47mg (23.68%), Phosphorus: 167mg (16.7%), Vitamin B2: 0.27mg (16.12%), Iron: 2.15mg (11.92%), Potassium: 315.52mg (9.01%), Vitamin B1: 0.1mg (6.97%), Magnesium: 25.19mg (6.3%), Copper: 0.1mg (4.77%), Manganese: 0.03mg (1.73%), Vitamin K: 1.79µg (1.7%), Calcium: 13.06mg (1.31%)