



The Ultimate Spice-Rubbed Rib Steak



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



973 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cajun spice
- ☐ 0.3 teaspoon ground pepper to taste
- ☐ 2 teaspoons brown sugar light packed
- ☐ 2 pound beef rib steak bone in
- ☐ 2 teaspoons penzey's southwest seasoning

Equipment

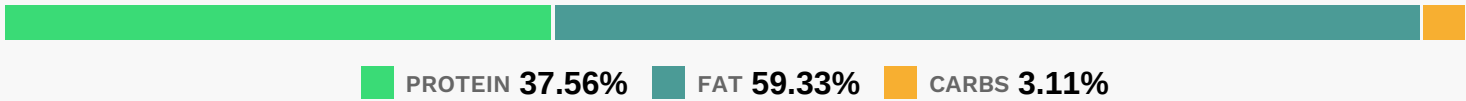
- ☐ bowl
- ☐ baking sheet

- ☐ grill
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Prepare a medium grill or preheat the broiler. If using the broiler, line a rimmed baking sheet with aluminum foil.
- ☐ In a small bowl, combine the brown sugar, house seasoning, Cajun seasoning, and cayenne pepper. Rub the steaks with the mixture.
- ☐ Place the steaks on the grill or, if broiling, place on the prepared baking sheet. Grill or broil, 4 inches from the heat, turning once, to desired doneness, 12 minutes for medium-rare, up to 14 minutes for medium.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:38.480869663798%

Nutrients (% of daily need)

Calories: 973.23kcal (48.66%), Fat: 64.42g (99.11%), Saturated Fat: 28.62g (178.88%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 5.35g (1.94%), Sugar: 4.13g (4.59%), Cholesterol: 276.69mg (92.23%), Sodium: 238.47mg (10.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 91.78g (183.55%), Selenium: 110.98µg (158.55%), Zinc: 23.42mg (156.13%), Vitamin B12: 7.53µg (125.49%), Vitamin B3: 22.49mg (112.44%), Vitamin B6: 1.87mg (93.72%), Phosphorus: 662.15mg (66.21%), Vitamin B2: 1.12mg (65.62%), Iron: 9.72mg (53.98%), Potassium: 1293.79mg (36.97%), Vitamin K: 37.85µg (36.05%), Magnesium: 109.75mg (27.44%), Vitamin B1: 0.41mg (27.3%), Copper: 0.39mg (19.48%), Manganese: 0.26mg (12.87%), Calcium: 114.73mg (11.47%), Fiber: 2.25g (9%), Vitamin A: 379.04IU (7.58%), Vitamin E: 1.05mg (6.98%), Folate: 25.72µg (6.43%), Vitamin D: 0.45µg (3.02%)