

Basic Grilled Steak



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



1

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 serving pepper black freshly ground
- 1 serving kosher salt
- 1.3 inch beef rib steak
- 1 serving vegetable oil

Equipment

- grill
- kitchen thermometer
- cutting board

Directions

- Remove the steak from the refrigerator and let it come to room temperature, about 30 to 45 minutes.
- Heat a gas or charcoal grill to high (about 450°F to 550°F) and rub the grates with a towel dipped in vegetable oil. Meanwhile, season the steak on all sides with salt and pepper. When the grill is ready, place the steak on the grates and cover the grill. Cook, undisturbed, until grill marks appear on the bottom and the steak's lightly charred on the edges, about 4 to 5 minutes. Flip, cover the grill, and cook until the steak's medium rare, about 4 minutes more. To check for doneness, use your finger to press on the meat: It should be firm around the edges but still give in the center. You can also use an instant-read thermometer; it should register between 125°F and 130°F.
- Transfer the steak to a cutting board and let it rest for at least 5 minutes before serving.

Nutrition Facts

PROTEIN 1.95% **FAT 97.85%** **CARBS 0.2%**

Properties

Glycemic Index:32, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.7386956166314%

Nutrients (% of daily need)

Calories: 130.62kcal (6.53%), Fat: 14.45g (22.23%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 0.06g (0.02%), Net Carbohydrates: 0.04g (0.01%), Sugar: 0g (0%), Cholesterol: 1.94mg (0.65%), Sodium: 195.46mg (8.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin K: 25.96µg (24.72%), Vitamin E: 1.15mg (7.64%), Selenium: 0.78µg (1.11%), Zinc: 0.16mg (1.1%)