



Bistecca alla Fiorentina



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon olive oil



1 teaspoon pepper



1 tablespoon rosemary finely chopped



1 teaspoon salt



1 pound t-bone steak



1 tablespoon thyme leaves finely chopped

Equipment



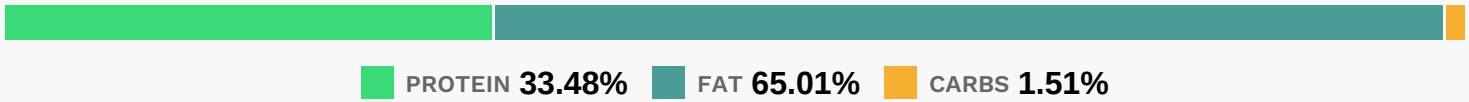
bowl

☐ grill

Directions

- ☐ In a small bowl, mix together rosemary, thyme, salt, and pepper.
- ☐ Coat steak with herb mix.
- ☐ Brush steak with olive oil.
- ☐ Preheat a grill to high heat.
- ☐ Place steak on the grill and cook until charred on the outside, about 2 minutes per side. Turn heat down to medium and flip steak back to first side. Continue to cook for 4 minutes.
- ☐ Take steak off grill and let rest for 10 minutes.
- ☐ Cut fillet and strip into slices, and serve.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:0.44, Inflammation Score:-10, Nutrition Score:21.975652321525%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg

Nutrients (% of daily need)

Calories: 574.72kcal (28.74%), Fat: 40.85g (62.85%), Saturated Fat: 14.7g (91.88%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.01g (0.01%), Cholesterol: 127.01mg (42.34%), Sodium: 1286.36mg (55.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.34g (94.68%), Vitamin B12: 6.3µg (105.08%), Selenium: 37.52µg (53.6%), Zinc: 7.55mg (50.33%), Vitamin B6: 0.89mg (44.72%), Vitamin B3: 8.32mg (41.59%), Phosphorus: 400.62mg (40.06%), Iron: 5.61mg (31.16%), Vitamin B2: 0.43mg (25.34%), Potassium: 745.27mg (21.29%), Vitamin B1: 0.23mg (15.65%), Magnesium: 54.9mg (13.72%), Manganese: 0.24mg (11.94%), Copper: 0.22mg (10.91%), Vitamin C: 6.22mg (7.53%), Vitamin B5: 0.73mg (7.31%), Vitamin E: 1.02mg (6.79%), Vitamin K: 5.85µg (5.57%), Fiber: 1.17g (4.68%), Folate: 18.42µg (4.61%), Calcium: 45.8mg (4.58%), Vitamin A: 203.04IU (4.06%)