



Caveman Porterhouse with Poblano Pan-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 4 servings sea salt
- ☐ 1 cup cilantro leaves fresh coarsely chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 4 servings peppercorns whole black
- ☐ 2 poblano pepper fresh seeded cut into 2 x 1/4-inch strips
- ☐ 2 bell pepper red cut into strips
- ☐ 2 large shallots thinly sliced
- ☐ 5 inch sirloin steak (each 16 ounces)

☐ 1 bell pepper yellow cut into strips

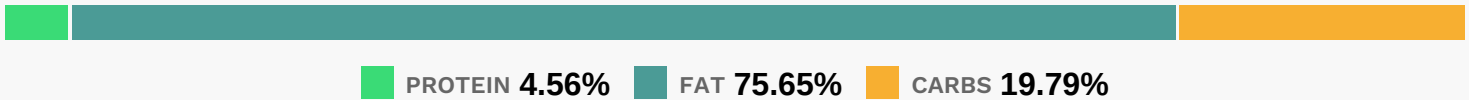
Equipment

- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Prepare barbecue (high heat) using hardwood lump charcoal. When charcoal is orange, spread out in even layer on lower grill rack. Use newspaper to fan excess ash from coals.
- ☐ Sprinkle steaks generously with coarse sea salt and cracked peppercorns. Arrange steaks in single layer directly atop hot embers and grill until cooked to desired doneness, 4 to 5 minutes per side for medium-rare. Using long tongs, transfer steaks to plate. Using natural-bristle brush, remove any embers and loose ash from steaks. Tent steaks with foil and let rest 10 minutes.
- ☐ Add oil to 12-inch-diameter cast-iron skillet.
- ☐ Place skillet directly atop embers in grill. When oil begins to smoke, add chiles and all remaining ingredients to skillet.
- ☐ Sprinkle with salt and pepper; sauté until vegetables begin to brown, 2 to 5 minutes, depending on heat remaining from embers. Using oven mitts as aid, carefully lift skillet from barbecue. Season pan-fry with salt and pepper.
- ☐ Pour over steaks and serve.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.57, Inflammation Score:-9, Nutrition Score:14.457826054615%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 3.49mg, Luteolin: 3.49mg, Luteolin: 3.49mg, Luteolin: 3.49mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 214kcal (10.7%), Fat: 18.88g (29.04%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 7.82g (2.84%), Sugar: 4.95g (5.5%), Cholesterol: 1.78mg (0.59%), Sodium: 204.16mg (8.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin C: 180.67mg (218.99%), Vitamin A: 2418.48IU (48.37%), Vitamin K: 32.29µg (30.75%), Vitamin E: 3.87mg (25.78%), Vitamin B6: 0.42mg (21.02%), Manganese: 0.36mg (17.8%), Fiber: 3.29g (13.18%), Folate: 48.15µg (12.04%), Potassium: 378.65mg (10.82%), Vitamin B3: 1.33mg (6.64%), Iron: 1.08mg (6%), Vitamin B1: 0.09mg (5.92%), Copper: 0.12mg (5.86%), Magnesium: 22.67mg (5.67%), Vitamin B2: 0.09mg (5.36%), Phosphorus: 51.03mg (5.1%), Vitamin B5: 0.38mg (3.8%), Zinc: 0.46mg (3.09%), Calcium: 25.61mg (2.56%), Vitamin B12: 0.09µg (1.47%), Selenium: 0.91µg (1.3%)