



## Côtes de Boeuf with Herb Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



980 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 servings butter
- ☐ 4 pounds beef rib steak bone-in ()
- ☐ 0.5 teaspoon salt

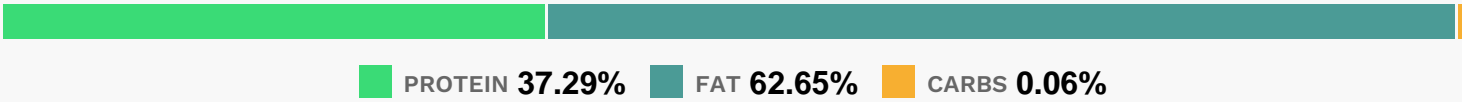
## Equipment

- ☐ grill

# Directions

- ☐ Sprinkle steaks with salt and pepper. Grill over medium-hot to hot coals 5 minutes. Rotate steaks 90 degrees to create crosshatch marks. Continue to grill 5 minutes. Turn steaks over, and grill 10 minutes or until desired degree of doneness, rotating halfway through cooking time to create crosshatch marks.
- ☐ Remove from grill; let rest 10 minutes.
- ☐ Cut meat off bone.
- ☐ Cut diagonally across the grain into 1/4-inch-thick slices. Top each serving with a pat of Herb Butter. (Remaining butter can be refrigerated for later use.)

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:34.369130768206%

## Nutrients (% of daily need)

Calories: 979.95kcal (49%), Fat: 68.2g (104.92%), Saturated Fat: 31.1g (194.4%), Carbohydrates: 0.16g (0.05%), Net Carbohydrates: 0.1g (0.04%), Sugar: 0g (0.01%), Cholesterol: 287.44mg (95.81%), Sodium: 558.75mg (24.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 91.33g (182.66%), Selenium: 110.74µg (158.2%), Zinc: 23.28mg (155.18%), Vitamin B12: 7.54µg (125.64%), Vitamin B3: 22.21mg (111.06%), Vitamin B6: 1.81mg (90.54%), Phosphorus: 654.77mg (65.48%), Vitamin B2: 1.09mg (63.9%), Iron: 7.83mg (43.5%), Potassium: 1220.21mg (34.86%), Vitamin B1: 0.4mg (26.65%), Magnesium: 95.79mg (23.95%), Copper: 0.36mg (17.87%), Vitamin K: 7.56µg (7.2%), Vitamin A: 194.36IU (3.89%), Folate: 13.8µg (3.45%), Calcium: 34.24mg (3.42%), Vitamin D: 0.45µg (3.02%), Manganese: 0.03mg (1.63%)