



Dress-the-Board Steak



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 2 Tbs olive oil extra virgin
- ☐ 1 bunch mint leaves fresh
- ☐ 2 sprigs rosemary fresh
- ☐ 3 cloves garlic-peeled
- ☐ 0.5 optional: lemon
- ☐ 2 servings olive oil
- ☐ 2 pieces rib-eye steak thick-cut ()

☐ 2 servings salt

Equipment

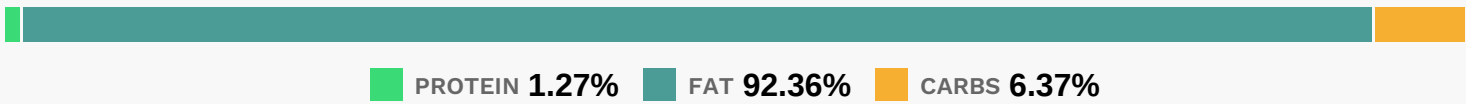
☐ frying pan

☐ stove

Directions

☐ Heat a 10- to 12-inch cast-iron pan over high heat. I left it on the stove on high heat for about 15 mins.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:0.88, Inflammation Score:-2, Nutrition Score:4.3247825986827%

Flavonoids

Eriodictyol: 6.39mg, Eriodictyol: 6.39mg, Eriodictyol: 6.39mg, Eriodictyol: 6.39mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 265.92kcal (13.3%), Fat: 28.27g (43.5%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 3.34g (1.21%), Sugar: 0.72g (0.8%), Cholesterol: 0.61mg (0.2%), Sodium: 196.84mg (8.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.75%), Vitamin E: 4.08mg (27.18%), Vitamin C: 16.37mg (19.84%), Vitamin K: 17.11µg (16.3%), Manganese: 0.12mg (6.05%), Vitamin B6: 0.08mg (4.23%), Fiber: 1.05g (4.2%), Iron: 0.53mg (2.96%), Calcium: 21.25mg (2.13%), Potassium: 71.68mg (2.05%), Vitamin A: 94.93IU (1.9%), Copper: 0.03mg (1.63%), Vitamin B1: 0.02mg (1.5%), Phosphorus: 14.33mg (1.43%), Selenium: 1µg (1.42%), Folate: 5.54µg (1.39%), Magnesium: 5.36mg (1.34%), Vitamin B2: 0.02mg (1.08%)