



Florentine Beefsteak



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



409 kcal

Ingredients

- 0.5 teaspoon fresh-ground pepper black
- 4 servings lemon wedges for serving
- 1 tablespoon olive oil
- 2 teaspoons salt
- 2 t-bone steaks thick (4 pounds in all)

Equipment

- grill

Directions

- Light the grill. Rub the steaks with the oil and sprinkle with the salt and pepper.
- Grill the steaks over high heat for 6 minutes. Turn and cook until done to your taste, about 6 minutes longer for rare.
- Serve with lemon wedges.
- Steak Choice: If you like, use porterhouse steaks instead of T-bones. Both of these bone-in steaks come from the short loin section of the animal. The bone separates the steak into strip loin and tenderloin sections. The strip loin has more flavor and the tenderloin is tenderer. Porterhouse steaks have more tenderloin and T-bones have a larger strip loin section. Choose according to your preference.
- Wine Recommendation: There's nothing like a great steak to showcase a special, and if possible older, Barolo or Barbaresco. Made from the nebbiolo grape, these wines develop fabulously complex dried cherry, eucalyptus, floral, and truffle flavors along with a silky texture. Both have power to spare, but Barbaresco is more elegant.

Nutrition Facts

 **PROTEIN 35.23%**  **FAT 64.52%**  **CARBS 0.25%**

Properties

Glycemic Index:14.38, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:15.098695579997%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 409.26kcal (20.46%), Fat: 28.71g (44.16%), Saturated Fat: 10.7g (66.9%), Carbohydrates: 0.25g (0.08%), Net Carbohydrates: 0.16g (0.06%), Sugar: 0.03g (0.03%), Cholesterol: 95.2mg (31.73%), Sodium: 1254.68mg (54.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.26g (70.52%), Vitamin B12: 4.73µg (78.77%), Selenium: 28.07µg (40.1%), Zinc: 5.58mg (37.22%), Vitamin B6: 0.65mg (32.38%), Vitamin B3: 6.17mg (30.87%), Phosphorus: 296.36mg (29.64%), Iron: 3.48mg (19.32%), Vitamin B2: 0.31mg (18.04%), Potassium: 530.28mg (15.15%), Vitamin B1: 0.17mg (11.38%), Magnesium: 34.54mg (8.63%), Copper: 0.14mg (6.94%), Vitamin B5: 0.53mg (5.32%), Vitamin E: 0.51mg (3.39%), Manganese: 0.06mg (2.86%), Folate: 10.35µg (2.59%), Vitamin K: 2.52µg

(2.4%), Calcium: 12.32mg (1.23%)