



Grilled Beef Steaks

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 beef tenderloin steaks (porterhouse, rib eye, sirloin or T-bone steaks) (tenderloin steaks)
- 0.3 teaspoon pepper
- 1 teaspoon salt

Equipment

- knife
- grill
- kitchen thermometer

Directions

- Prepare the coals or a gas grill for direct heat.
- Heat to medium heat, which will take about 40 minutes for charcoal or about 10 minutes for a gas grill.
- Cut outer edge of fat on steaks (except tenderloin steaks) diagonally at 1-inch intervals with a sharp knife. Do not cut into the meat because it will allow the juices to cook out and the beef will become dry.
- Place the beef on the grill rack over medium heat. Cover the grill; cook 6 to 8 minutes for rib eye, 10 to 12 minutes for porterhouse and T-bone or 13 to 15 minutes for sirloin and tenderloin, turning beef once halfway through cooking, until an instant-read meat thermometer inserted in center of thickest part reads 145F for medium-rare or 160F for medium doneness.
- Sprinkle with salt and pepper.

Nutrition Facts

 **PROTEIN 62.25%**  **FAT 37.65%**  **CARBS 0.1%**

Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:22.251739310587%

Nutrients (% of daily need)

Calories: 334.79kcal (16.74%), Fat: 13.41g (20.62%), Saturated Fat: 4.95g (30.96%), Carbohydrates: 0.08g (0.03%), Net Carbohydrates: 0.05g (0.02%), Sugar: 0g (0%), Cholesterol: 144.64mg (48.21%), Sodium: 705.7mg (30.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.87g (99.74%), Selenium: 68.94µg (98.48%), Vitamin B3: 14.48mg (72.42%), Vitamin B6: 1.41mg (70.3%), Zinc: 8.98mg (59.83%), Phosphorus: 472.54mg (47.25%), Vitamin B12: 2.1µg (35.03%), Potassium: 801.82mg (22.91%), Iron: 3.63mg (20.18%), Vitamin B2: 0.27mg (15.7%), Vitamin B5: 1.47mg (14.66%), Magnesium: 52.21mg (13.05%), Vitamin B1: 0.17mg (11.16%), Copper: 0.17mg (8.69%), Folate: 29.4µg (7.35%), Calcium: 50.63mg (5.06%), Vitamin E: 0.7mg (4.68%), Vitamin K: 2.92µg (2.78%), Manganese: 0.04mg (2.12%)