



Grilled Bone-in Rib-Eye Steaks

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



719 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings cheese-crusted tomatoes blue
- ☐ 1 tablespoon regular coarse kosher salt smoked
- ☐ 6 servings olive oil (for brushing)
- ☐ 1 tablespoon cracked pepper black
- ☐ 6 rib-eye steaks bone-in 1-inch-thick

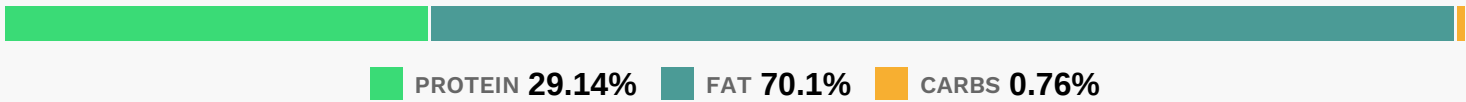
Equipment

- ☐ grill

Directions

- ☐ Prepare barbecue (high heat). If using gas grill, leave opposite side unlit; if using charcoal grill, keep opposite side free of coals.
- ☐ Brush steaks with olive oil, then sprinkle both sides with cracked black pepper and smoked salt.
- ☐ Grill steaks on hot side of barbecue until grill marks form, about 3 minutes per side.
- ☐ Transfer steaks to unlit side of grill, cover, and cook to desired doneness, about 8 minutes for medium-rare.
- ☐ Transfer steaks to plates; let rest 10 to 15 minutes.
- ☐ Serve Blue Cheese-Crusted Tomatoes alongside.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:25.416956803073%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 718.75kcal (35.94%), Fat: 56.19g (86.44%), Saturated Fat: 21.92g (137.01%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.11g (0.12%), Cholesterol: 167.86mg (55.95%), Sodium: 1476.94mg (64.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.57g (105.13%), Selenium: 63.69µg (90.98%), Zinc: 12.71mg (84.73%), Vitamin B12: 4.07µg (67.83%), Vitamin B3: 11.09mg (55.46%), Phosphorus: 464.42mg (46.44%), Vitamin B6: 0.93mg (46.27%), Vitamin B2: 0.67mg (39.66%), Calcium: 233.21mg (23.32%), Iron: 4.12mg (22.89%), Potassium: 642.45mg (18.36%), Vitamin E: 2.25mg (15.01%), Magnesium: 57.3mg (14.32%), Vitamin B1: 0.21mg (13.91%), Vitamin K: 14.18µg (13.5%), Copper: 0.2mg (10.02%), Vitamin A: 339.97IU (6.8%), Manganese: 0.13mg (6.68%), Folate: 13.25µg (3.31%), Vitamin D: 0.41µg (2.71%), Vitamin B5: 0.14mg (1.38%), Fiber: 0.25g (1.01%)