



Grilled Florentine-Style Steaks

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



822 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings coarse sea salt and pepper freshly ground
- 2 cloves garlic smashed
- 1 optional: lemon cut into wedges
- 1 tablespoon olive oil extra-virgin
- 4 pound t-bone steaks thick ()
- 6 servings vegetable oil for the grill

Equipment

- grill

kitchen thermometer

cutting board

Directions

Refrigerate the steaks, uncovered, at least 4 hours or overnight. (This dries out the meat's surface so it develops a better char.)

Prepare a grill for indirect heat: For gas, preheat to medium high, 30 minutes, then turn off the burners on one side and turn the other burners to medium low. For charcoal, once the coals ash over, push them to one side. Rub the steaks with the garlic and let sit at room temperature, 30 minutes.

Brush the grill grates with vegetable oil. Sear the steaks over direct heat until charred on the bottom, 5 to 10 minutes. Turn, season with salt and pepper and char the other side, 5 to 10 more minutes. Turn the steaks again and transfer to the cooler side of the grill with the smaller ends away from the heat. Season the steaks with salt and pepper and grill, turning every 2 minutes, until a thermometer inserted into the thickest part of the meat registers 125 degrees F for medium rare, 8 to 12 minutes.

Transfer the steaks to a cutting board and let rest 10 minutes before slicing. Season with salt and pepper and drizzle with the olive oil.

Serve with lemon wedges, if desired.

Photograph by Anna Williams

Nutrition Facts

 **PROTEIN 31.05%**  **FAT 67.96%**  **CARBS 0.99%**

Properties

Glycemic Index:9.25, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:26.882608603524%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 822.41kcal (41.12%), Fat: 61.21g (94.17%), Saturated Fat: 20.64g (128.99%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.48g (0.54%), Sugar: 0.46g (0.51%), Cholesterol: 169.34mg (56.45%), Sodium: 357.66mg (15.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.92g (125.84%), Vitamin B12: 8.41µg (140.11%), Selenium: 50.11µg (71.59%), Zinc: 9.94mg (66.28%), Vitamin B6: 1.18mg (58.8%), Vitamin B3: 11mg (55.01%), Phosphorus: 530.58mg (53.06%), Iron: 6.22mg (34.56%), Vitamin B2: 0.55mg (32.29%), Potassium: 963.31mg (27.52%), Vitamin K: 27.17µg (25.87%), Vitamin B1: 0.31mg (20.77%), Magnesium: 62.17mg (15.54%), Copper: 0.25mg (12.43%), Vitamin C: 9.85mg (11.94%), Vitamin E: 1.51mg (10.06%), Vitamin B5: 0.98mg (9.78%), Folate: 20.15µg (5.04%), Manganese: 0.06mg (3.1%), Calcium: 24.78mg (2.48%), Fiber: 0.52g (2.1%)