



Grilled Herb Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon marjoram dried
- ☐ 1 teaspoon rosemary leaves fresh minced
- ☐ 2 tablespoons thyme leaves fresh minced
- ☐ 1 large garlic clove minced
- ☐ 1 teaspoon lavender buds dried
- ☐ 1 tablespoon oregano leaves fresh minced
- ☐ 32 ounce ribeye steaks

☐ 1 teaspoon salt

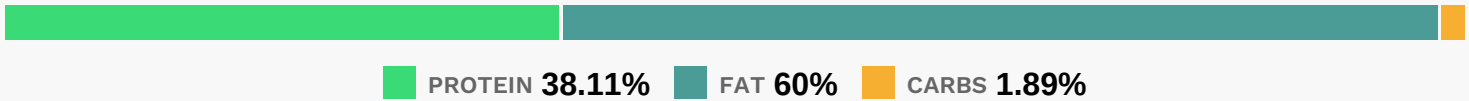
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Combine first 6 ingredients in a small bowl. Rub both sides of steaks with herb mixture.
- ☐ Place steaks in a shallow dish; cover and refrigerate 4 hours.
- ☐ Remove steaks from refrigerator.
- ☐ Sprinkle both sides of steaks with salt and pepper; let stand at room temperature 20 minutes.
- ☐ Prepare grill.
- ☐ Place steaks on grill rack coated with cooking spray; grill 2 minutes on each side or until desired degree of doneness.
- ☐ Remove from grill. Cover steaks loosely with foil; let stand for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.28, Inflammation Score:-10, Nutrition Score:22.76260843873%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 481.04kcal (24.05%), Fat: 32.21g (49.55%), Saturated Fat: 14.31g (89.41%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.06g (0.07%), Cholesterol: 138.35mg (46.12%), Sodium: 700.13mg (30.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.03g (92.06%), Selenium: 55.52µg (79.31%), Zinc:

11.75mg (78.31%), Vitamin B12: 3.76µg (62.75%), Vitamin B3: 11.24mg (56.18%), Vitamin B6: 0.94mg (47.03%), Phosphorus: 333.78mg (33.38%), Vitamin B2: 0.57mg (33.32%), Iron: 5.06mg (28.12%), Potassium: 651.88mg (18.63%), Magnesium: 57.34mg (14.34%), Vitamin B1: 0.21mg (13.69%), Vitamin K: 11.75µg (11.19%), Copper: 0.21mg (10.53%), Manganese: 0.17mg (8.5%), Vitamin C: 6.03mg (7.31%), Calcium: 56.17mg (5.62%), Vitamin A: 229.5IU (4.59%), Fiber: 1.11g (4.46%), Folate: 11.5µg (2.88%), Vitamin E: 0.23mg (1.55%), Vitamin D: 0.23µg (1.51%)