



Grilled Peppercorn T-Bones



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds t-bone steak
- ☐ 3 cloves garlic cut in half
- ☐ 1.5 tablespoons peppercorns black crushed
- ☐ 0.3 cup butter softened
- ☐ 1.5 tablespoons dijon mustard
- ☐ 0.8 teaspoon worcestershire sauce
- ☐ 0.3 teaspoon juice of lime
- ☐ 1 serving salt and pepper

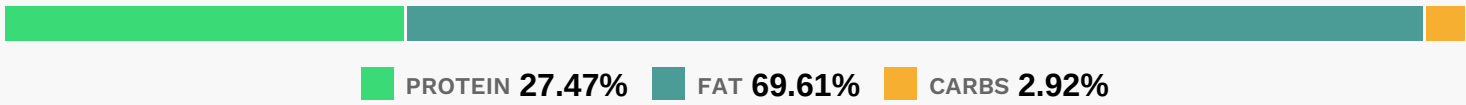
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat coals or gas grill for direct heat. Trim fat on beef steaks to 1/4-inch thickness. Rub garlic on beef. Press peppercorns into beef. In small bowl, mix remaining ingredients except salt and pepper; set aside.
- ☐ Cover and grill beef 4 to 5 inches from medium heat 10 to 14 minutes or until of desired doneness, turning once.
- ☐ Sprinkle with salt and pepper.
- ☐ Serve with butter mixture.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:12.250434857348%

Flavonoids

Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 353.84kcal (17.69%), Fat: 27.17g (41.81%), Saturated Fat: 8.97g (56.04%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 1.74g (0.63%), Sugar: 0.16g (0.18%), Cholesterol: 63.5mg (21.17%), Sodium: 264.22mg (11.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.13g (48.25%), Vitamin B12: 3.17µg (52.75%), Selenium: 20.33µg (29.04%), Zinc: 3.79mg (25.28%), Vitamin B6: 0.46mg (23.03%), Phosphorus: 210.99mg (21.1%), Vitamin B3: 4.18mg (20.92%), Manganese: 0.37mg (18.72%), Iron: 2.65mg (14.71%), Vitamin B2: 0.22mg (12.85%), Potassium: 406.81mg (11.62%), Vitamin A: 468.27IU (9.37%), Vitamin B1: 0.13mg (8.53%), Magnesium: 29.62mg (7.41%), Copper: 0.13mg (6.58%), Vitamin B5: 0.42mg (4.18%), Vitamin K: 4.18µg (3.98%), Fiber: 0.83g (3.3%), Vitamin E: 0.43mg (2.88%), Calcium: 27.59mg (2.76%), Folate: 7.74µg (1.94%)