



WHATSheATE



Grilled Pesto-Stuffed Steaks



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil pesto
- ☐ 2 tablespoons parmesan shredded finely
- ☐ 2 pounds beef rib steak thick
- ☐ 1 tablespoon vegetable oil

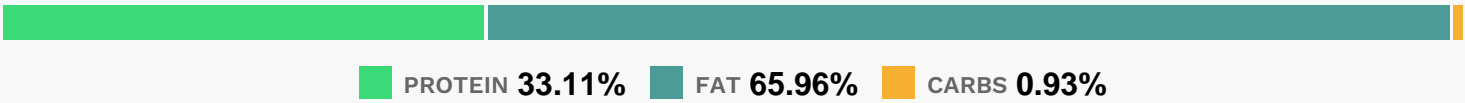
Equipment

- ☐ grill

Directions

- ☐ Heat coals or gas grill for direct heat. Make horizontal cut in side of each steak, forming a pocket (do not cut through to opposite side).
- ☐ Mix pesto and cheese; spread evenly on insides of pockets; press pockets closed.
- ☐ Drizzle oil over beef.
- ☐ Cover and grill beef 4 to 5 inches from medium heat 12 to 14 minutes for medium doneness, turning once. To serve, cut beef into thick strips.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:21.431304222135%

Nutrients (% of daily need)

Calories: 571.58kcal (28.58%), Fat: 41.85g (64.38%), Saturated Fat: 16.19g (101.16%), Carbohydrates: 1.32g (0.44%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.52g (0.57%), Cholesterol: 141.29mg (47.1%), Sodium: 302.91mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.27g (94.54%), Selenium: 55.9µg (79.86%), Zinc: 11.7mg (78.02%), Vitamin B12: 3.79µg (63.25%), Vitamin B3: 11.11mg (55.55%), Vitamin B6: 0.91mg (45.36%), Phosphorus: 343.94mg (34.39%), Vitamin B2: 0.55mg (32.37%), Iron: 4.01mg (22.29%), Potassium: 610.11mg (17.43%), Vitamin B1: 0.2mg (13.37%), Magnesium: 48.73mg (12.18%), Vitamin K: 9.7µg (9.24%), Copper: 0.18mg (8.89%), Vitamin A: 366.02IU (7.32%), Calcium: 70.43mg (7.04%), Vitamin E: 0.28mg (1.89%), Folate: 6.98µg (1.74%), Vitamin D: 0.24µg (1.6%)