



WHATSheATE



Grilled Porterhouse Steak with Paprika-Parmesan Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings butter
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 7 large garlic clove minced
- ☐ 2 teaspoons pepper black
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon salt

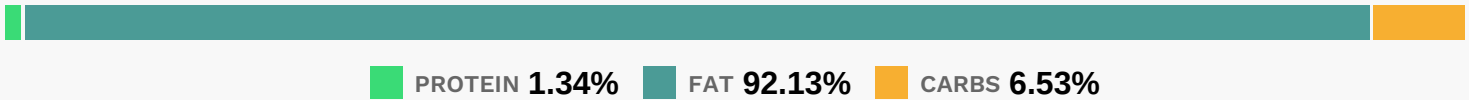
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ glass baking pan

Directions

- ☐ Place steak in glass baking dish.
- ☐ Whisk oil and next 5 ingredients in small bowl to blend.
- ☐ Pour half of marinade over steak. Turn steak over; pour remaining marinade over steak. Cover and chill at least 2 hours and up to 1 day, turning occasionally.
- ☐ Prepare barbecue (medium heat).
- ☐ Remove steak from marinade; shake off excess.
- ☐ Place steak on barbecue; cover barbecue. Grill steak to desired doneness (until instant-read thermometer inserted into center of steak registers 115°F to 120°F for rare, about 15 minutes per side, or 125°F to 130°F for medium-rare, about 18 minutes per side), occasionally moving steak to cooler part of rack if burning.
- ☐ Transfer steak to platter; cover to keep warm.
- ☐ Let stand 5 minutes. Using sharp knife, cut meat away from bone.
- ☐ Cut each meat section into 1/3-inch-thick slices.
- ☐ Spread Paprika-Parmesan Butter over top of slices and serve.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:2.9973913243283%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 167.32kcal (8.37%), Fat: 17.64g (27.15%), Saturated Fat: 4.46g (27.88%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 2.2g (0.8%), Sugar: 0.06g (0.07%), Cholesterol: 10.75mg (3.58%), Sodium: 1777.79mg (77.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin E: 2.07mg (13.83%), Manganese: 0.25mg (12.51%), Vitamin K: 10.2µg (9.72%), Vitamin C: 4.45mg (5.39%), Vitamin A: 214.77IU (4.3%), Vitamin B6: 0.07mg (3.72%), Iron: 0.58mg (3.25%), Fiber: 0.61g (2.45%), Calcium: 23.51mg (2.35%), Copper: 0.04mg (2.01%), Magnesium: 5.99mg (1.5%), Potassium: 46.86mg (1.34%), Phosphorus: 12.68mg (1.27%), Selenium: 0.85µg (1.21%), Vitamin B2: 0.02mg (1.03%)