



Grilled Rib-eye Steaks



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter softened
- ☐ 6 beef rib steak boneless 1-inch-thick ()
- ☐ 3 teaspoons steak seasoning

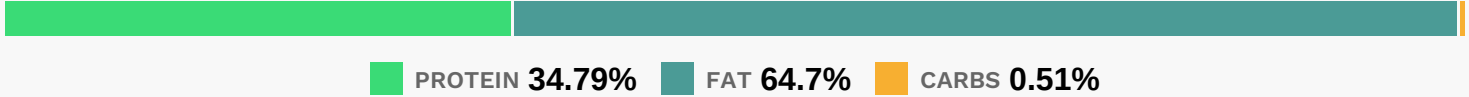
Equipment

- ☐ grill
- ☐ tongs

Directions

- ☐ Let steaks stand at room temperature 15 to 20 minutes. Rub steaks evenly with steak seasoning.
- ☐ Grill, covered with grill lid, over medium heat (300 to 35
- ☐ 1/2 minutes. Using tongs, turn each steak at a 60-degree angle, and grill 2 1/2 more minutes. Flip steaks, and grill 2 1/2 minutes. Turn steaks at a 60-degree angle, and grill 2 1/2 more minutes (medium-rare) or to desired degree of doneness.
- ☐ Remove steaks from grill, and brush evenly with butter.
- ☐ Let stand 5 minutes.
- ☐ Note: For testing purposes only, we used McCormick Grill Mates Montreal Steak Seasoning.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:21.277391383829%

Nutrients (% of daily need)

Calories: 523.34kcal (26.17%), Fat: 37.71g (58.01%), Saturated Fat: 17.85g (111.54%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.04g (0.04%), Cholesterol: 152.91mg (50.97%), Sodium: 162.8mg (7.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.63g (91.25%), Selenium: 55.29µg (78.98%), Zinc: 11.63mg (77.54%), Vitamin B12: 3.76µg (62.73%), Vitamin B3: 11.1mg (55.49%), Vitamin B6: 0.92mg (45.76%), Phosphorus: 328.83mg (32.88%), Vitamin B2: 0.54mg (32.03%), Iron: 4.24mg (23.56%), Potassium: 614.2mg (17.55%), Vitamin B1: 0.2mg (13.46%), Magnesium: 49.84mg (12.46%), Vitamin K: 11.93µg (11.37%), Copper: 0.18mg (9.24%), Vitamin A: 235.15IU (4.7%), Manganese: 0.07mg (3.43%), Calcium: 27.46mg (2.75%), Folate: 8.37µg (2.09%), Vitamin D: 0.23µg (1.51%), Vitamin E: 0.18mg (1.17%)