



Grilled Steak



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



8 servings sauce



8 t-bone steak (each)

Equipment

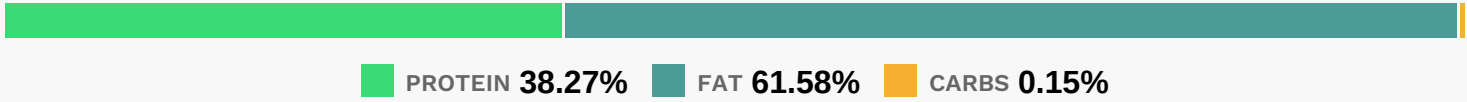


grill

Directions

- ☐
- Prepare grill. Pat steaks dry and season generously with salt and pepper. Grill steaks on a well-oiled rack set 5 to 6 inches over glowing coals 4 minutes each side for medium-rare.
- ☐
- Transfer steaks as cooked to a platter and let stand 10 minutes.
- ☐
- Serve steaks with chimichurri sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:26.823478138965%

Nutrients (% of daily need)

Calories: 756.02kcal (37.8%), Fat: 50.39g (77.52%), Saturated Fat: 20.43g (127.71%), Carbohydrates: 0.28g (0.09%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0.23g (0.26%), Cholesterol: 190.4mg (63.47%), Sodium: 195.6mg (8.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.46g (140.91%), Vitamin B12: 9.45µg (157.53%), Selenium: 56.1µg (80.14%), Zinc: 11.15mg (74.35%), Vitamin B6: 1.29mg (64.6%), Vitamin B3: 12.34mg (61.71%), Phosphorus: 591.6mg (59.16%), Iron: 6.83mg (37.97%), Vitamin B2: 0.61mg (36%), Potassium: 1050.6mg (30.02%), Vitamin B1: 0.34mg (22.67%), Magnesium: 68mg (17%), Copper: 0.27mg (13.43%), Vitamin B5: 1.05mg (10.54%), Folate: 20.4µg (5.1%), Manganese: 0.04mg (2.21%), Calcium: 20.4mg (2.04%)