



## Grilled Steak with Rosemary and Garlic

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cloves garlic smashed finely chopped
- 4 servings kosher salt for garnish
- 4 servings olive oil extra-virgin for garnish
- 40 ounce porterhouse steaks with a bone
- 1 pinch pepper flakes red crushed
- 3 sprigs rosemary leaves picked finely chopped

### Equipment

- bowl

grill

## Directions

- Watch how to make this recipe.
- In a small bowl, combine the rosemary leaves, garlic, crushed red pepper and enough olive oil to make a loose paste. Slather the steaks with the mixture and sprinkle them generously with salt.
- Let the steaks hang out outside the fridge to come to room temperature.
- Preheat the grill to medium-high. Use a wire grill brush to loosen any crud and soot. Wipe the grill down with an oiled side towel to pick up any bits of loosened crud.
- Put the steaks on a hot spot on the grill to get a great sear and really create BROWN FOOD! Once both sides of the steak are really nice and brown, move the steak to a cooler part of the grill to allow the steaks to cook to desired temperature. About 5 to 6 minutes on each side for medium-rare.
- Remove the steaks from the grill and let rest for 5 to 10 minutes.
- Cut the steak off the bone, slice across the grain and divide among 4 serving plates.
- Drizzle the steak with a little big fat finishing oil and a sprinkling of sea salt.

## Nutrition Facts

  
■ PROTEIN 31.7% ■ FAT 67.87% ■ CARBS 0.43%

## Properties

Glycemic Index:25, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:24.419130241741%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 756.79kcal (37.84%), Fat: 56.04g (86.22%), Saturated Fat: 18.98g (118.61%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.02g (0.03%), Cholesterol: 158.76mg (52.92%), Sodium: 347.99mg (15.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.89g (117.78%), Vitamin B12: 7.88µg (131.35%),

Selenium: 47.11µg (67.29%), Zinc: 9.33mg (62.19%), Vitamin B6: 1.11mg (55.35%), Vitamin B3: 10.31mg (51.55%), Phosphorus: 496.85mg (49.69%), Iron: 5.84mg (32.46%), Vitamin B2: 0.51mg (30.2%), Potassium: 886.41mg (25.33%), Vitamin B1: 0.29mg (19.23%), Magnesium: 57.47mg (14.37%), Vitamin E: 2.03mg (13.52%), Copper: 0.23mg (11.58%), Vitamin B5: 0.89mg (8.92%), Vitamin K: 8.49µg (8.09%), Folate: 17.31µg (4.33%), Manganese: 0.08mg (3.84%), Calcium: 22.38mg (2.24%)