



Italian-Style Grilled Steak

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cups pasta like spaghetti hot cooked uncooked (4 ounces pasta)
- ☐ 4 teaspoons olive oil extravirgin
- ☐ 1 tablespoon rosemary fresh finely chopped
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh

☐ 1 pound beef rib-eye steak trimmed

Equipment

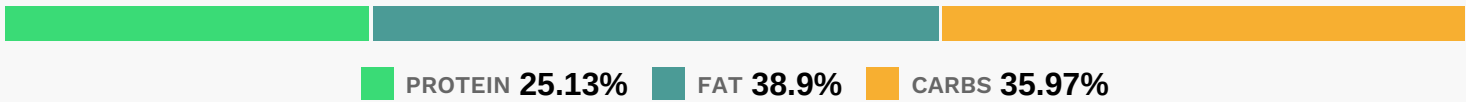
☐ grill

☐ ziploc bags

Directions

- ☐ Cut beef across grain into 1/4-inch-thick slices.
- ☐ Combine beef, rosemary, thyme, lemon juice, and garlic in a large zip-top plastic bag; seal. Marinate beef in refrigerator 1 hour, turning occasionally.
- ☐ Prepare grill.
- ☐ Remove beef from bag, discarding marinade.
- ☐ Sprinkle beef with salt and pepper.
- ☐ Place beef on grill rack coated with cooking spray; grill 1 minute on each side or until desired degree of doneness.
- ☐ Serve with pasta.
- ☐ Drizzle oil over beef and pasta.

Nutrition Facts



Properties

Glycemic Index:38.88, Glycemic Load:19.9, Inflammation Score:-9, Nutrition Score:17.499565285185%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 497.93kcal (24.9%), Fat: 21.42g (32.96%), Saturated Fat: 7.96g (49.74%), Carbohydrates: 44.58g (14.86%), Net Carbohydrates: 41.68g (15.15%), Sugar: 0.98g (1.09%), Cholesterol: 69.17mg (23.06%), Sodium: 351.65mg (15.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.14g (62.27%), Selenium: 64.75µg (92.5%), Zinc: 6.58mg (43.88%), Vitamin B12: 1.88µg (31.37%), Vitamin B3: 6.16mg (30.81%), Vitamin B6: 0.54mg (27.1%), Manganese: 0.52mg (25.79%), Phosphorus: 248.62mg (24.86%), Iron: 4.14mg (22.98%), Vitamin B2: 0.31mg (18.25%), Magnesium: 53.13mg (13.28%), Copper: 0.25mg (12.25%), Fiber: 2.91g (11.62%), Potassium: 392mg (11.2%), Vitamin B1: 0.13mg (8.82%), Vitamin C: 6.05mg (7.33%), Vitamin E: 0.67mg (4.49%), Vitamin K: 4.33µg (4.12%), Folate: 16.08µg (4.02%), Calcium: 28.99mg (2.9%), Vitamin A: 115.97IU (2.32%), Vitamin B5: 0.18mg (1.84%)