



Mark Bittman's Grilled or Broiled Steak

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 2 beef rib steak at room temperature

Equipment

- frying pan
- paper towels
- knife
- grill
- broiler

Directions

- Prepare a grill or turn on the broiler; the heat should be medium-high and the rack about 4 inches from the heat source. If you're broiling, put a large ovenproof skillet on the rack 10 minutes before you're ready to cook.
- Blot the steaks dry with a paper towel and sprinkle the top with salt and pepper.
- Put the steaks—seasoned side down—on the hot grill or under the broiler and sprinkle the top with salt and pepper. Cook, undisturbed, until they release easily, about 3 minutes. Turn and cook the other side, checking for doneness by peeking inside with a sharp knife and checking the same spot frequently. For medium-rare, figure about 3 more minutes (if they're over an inch thick, you'll need a little more time; if they're under an inch, you'll need a little less).
- When the steaks are still a little bit redder than you want them, remove them from the heat and let them rest for at least 5 minutes.
- Sprinkle the steaks with more salt and pepper if you like and cut them in half crosswise or leave whole and serve.

Nutrition Facts

 **PROTEIN 38.7%**  **FAT 61.19%**  **CARBS 0.11%**

Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:10.160000128429%

Nutrients (% of daily need)

Calories: 235.29kcal (11.76%), Fat: 15.98g (24.59%), Saturated Fat: 7.11g (44.43%), Carbohydrates: 0.06g (0.02%), Net Carbohydrates: 0.04g (0.01%), Sugar: 0g (0%), Cholesterol: 68.93mg (22.98%), Sodium: 58.78mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.75g (45.49%), Selenium: 27.58µg (39.4%), Zinc: 5.8mg (38.65%), Vitamin B12: 1.88µg (31.26%), Vitamin B3: 5.53mg (27.67%), Vitamin B6: 0.45mg (22.56%), Phosphorus: 162.88mg (16.29%), Vitamin B2: 0.27mg (15.9%), Iron: 1.95mg (10.85%), Potassium: 304.17mg (8.69%), Vitamin B1: 0.1mg (6.64%), Magnesium: 23.9mg (5.98%), Copper: 0.09mg (4.47%), Vitamin K: 1.86µg (1.77%)