



Over-the-Coals Bistecca Fiorentina

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups arugula
- ☐ 1 teaspoon thyme dried
- ☐ 1 clove garlic minced
- ☐ 1 juice of lemon
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons olive oil plus more for drizzling
- ☐ 4 servings parmesan
- ☐ 4 servings sea salt smoked for garnish

☐ 2 pound t-bone steak thick

Equipment

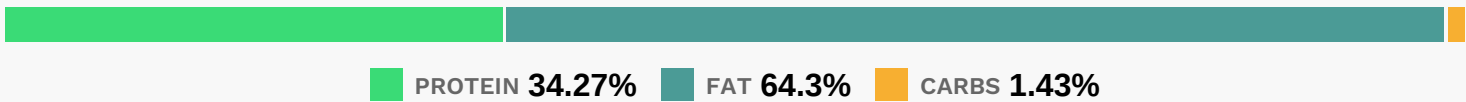
☐ oven

☐ grill

Directions

- ☐ Prepare a hot fire in a campfire or wood-fired grill, then let the coals burn down to hot chunks of embers (a 6- to 7-second fire).
- ☐ Place the steak directly on the hot coals and sear. Turn the steak and season generously with salt and pepper. Cook for 5 to 6 minutes, until the steak is charred on one side and can easily be removed from the coals. Turn and season with more salt, pepper, and the thyme. Cook for 5 to 6 minutes on the second side for medium-rare. If using a grill, the time needed for cooking will be 5 minutes more or so per side since the meat is above the coals rather than in the coals.
- ☐ Remove from the heat and let rest for 5 minutes.
- ☐ Toss the arugula with the garlic, the 2 tablespoons olive oil, the lemon juice, and salt to taste.
- ☐ Carve the steak into 1/4-inch-thick diagonal slices.
- ☐ Serve immediately, topped with the arugula salad, coarse sea salt or smoked salt, and shavings of Parmesan cheese.
- ☐ Drizzle with more olive oil if desired.
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Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:26.316956494166%

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: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 689.8kcal (34.49%), Fat: 48.49g (74.59%), Saturated Fat: 19.54g (122.14%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.7g (0.78%), Cholesterol: 147.41mg (49.14%), Sodium: 800.73mg (34.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.15g (116.29%), Vitamin B12: 6.66µg (111.08%), Selenium: 44.34µg (63.34%), Phosphorus: 611.73mg (61.17%), Zinc: 8.35mg (55.68%), Vitamin B6: 0.91mg (45.63%), Vitamin B3: 8.38mg (41.89%), Calcium: 395.97mg (39.6%), Vitamin B2: 0.52mg (30.69%), Iron: 5.37mg (29.81%), Potassium: 788.73mg (22.54%), Vitamin K: 22.81µg (21.73%), Vitamin B1: 0.25mg (16.58%), Magnesium: 65.8mg (16.45%), Vitamin A: 541.49IU (10.83%), Copper: 0.21mg (10.27%), Vitamin B5: 0.91mg (9.09%), Vitamin E: 1.16mg (7.73%), Folate: 30.06µg (7.51%), Vitamin C: 5.14mg (6.23%), Manganese: 0.12mg (6.1%), Fiber: 0.36g (1.42%)