



Perfect Porterhouse Steak

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



1

CALORIES



1317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon meat tenderizer
- 1 teaspoon olive oil
- 20 ounces sirloin steak
- 1 teaspoon steak seasoning

Equipment

- plastic wrap
- grill
- meat tenderizer

Directions

- Place steak on a plate and coat lightly with olive oil. Rub steak with meat tenderizer.
- Sprinkle steak with Canadian steak seasoning and gently rub into steak. Cover with plastic wrap and let stand for 20 minutes.
- Preheat a grill for high heat. When the grill is hot, lightly oil the grate.
- Unwrap steaks and grill on open flame or charcoal grill for 3 to 5 minutes per side, or to your desired degree of doneness.

Nutrition Facts

PROTEIN 37.59% **FAT 62%** **CARBS 0.41%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:41.004347919446%

Nutrients (% of daily need)

Calories: 1317.08kcal (65.85%), Fat: 88.56g (136.25%), Saturated Fat: 34.78g (217.36%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 1.09g (0.39%), Sugar: 0.06g (0.07%), Cholesterol: 326.98mg (108.99%), Sodium: 323.95mg (14.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 120.81g (241.62%), Vitamin B12: 15.79µg (263.2%), Selenium: 98.43µg (140.61%), Zinc: 18.75mg (124.97%), Vitamin B6: 2.29mg (114.59%), Vitamin B3: 22.18mg (110.92%), Phosphorus: 1021.04mg (102.1%), Iron: 12.18mg (67.66%), Vitamin B2: 1.04mg (61.13%), Potassium: 1820.43mg (52.01%), Vitamin B1: 0.58mg (38.78%), Magnesium: 121.72mg (30.43%), Copper: 0.47mg (23.44%), Vitamin B5: 1.97mg (19.68%), Vitamin K: 18.55µg (17.66%), Manganese: 0.21mg (10.65%), Folate: 37.37µg (9.34%), Calcium: 54.72mg (5.47%), Vitamin E: 0.63mg (4.2%), Vitamin A: 57.08IU (1.14%)