



WHATSheATE



Porterhouse Steak with Pan Seared Cherry Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups basil
- ☐ 4 containers cherry tomatoes mixed (1/2-pint)
- ☐ 6 large garlic clove thinly sliced lengthwise
- ☐ 4 teaspoon kosher salt
- ☐ 3 tablespoons olive oil divided
- ☐ 6 large thyme sprigs

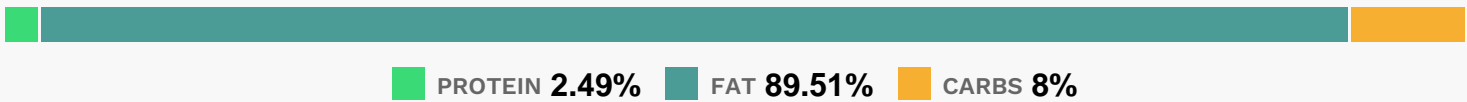
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet (preferably cast-iron) over medium-high heat until it shimmers.
- ☐ Meanwhile, pat steaks dry and sprinkle with kosher salt and 1 1/2 teaspoon pepper.
- ☐ Sear steaks 1 at a time, turning once, until well browned, about 10 minutes total per steak.
- ☐ Transfer steaks to a shallow baking pan (do not clean skillet) and cook in oven until an instant-read thermometer inserted in center of steaks registers 120°F for medium-rare, about 6 minutes.
- ☐ Transfer to a platter and let stand 15 minutes.
- ☐ While steaks stand, pour off oil from skillet.
- ☐ Add remaining 2 tablespoons oil and heat over medium-high heat until it shimmers, then sauté garlic until golden, about 2 minutes.
- ☐ Transfer with a slotted spoon to a plate.
- ☐ Add tomatoes and thyme to hot oil (be careful; oil will spatter), then lightly season with salt and pepper and cook, covered, stirring occasionally, just until tomatoes begin to wilt, about 2 minutes. Stir in any meat juices from platter, then scatter basil over tomatoes and spoon over steaks.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:0.56, Inflammation Score:-9, Nutrition Score:4.7326086033946%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 103.29kcal (5.16%), Fat: 10.61g (16.32%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.1g (0.11%), Cholesterol: 0mg (0%), Sodium: 2327.06mg (101.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.33%), Vitamin K: 43.78µg (41.69%), Vitamin A: 551.31IU (11.03%), Vitamin E: 1.59mg (10.62%), Manganese: 0.21mg (10.57%), Vitamin C: 5.65mg (6.85%), Iron: 0.71mg (3.94%), Vitamin B6: 0.08mg (3.79%), Calcium: 31.81mg (3.18%), Copper: 0.06mg (2.95%), Magnesium: 9.44mg (2.36%), Fiber: 0.46g (1.82%), Folate: 7.06µg (1.77%), Potassium: 56.49mg (1.61%), Phosphorus: 13.8mg (1.38%), Vitamin B2: 0.02mg (1.12%), Zinc: 0.16mg (1.06%)