



Porterhouse Steaks with Arugula and Parmesan Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 cups arugula packed
- ☐ 8 servings olive oil
- ☐ 1 cup parmesan cheese shavings
- ☐ 6 inch thick porterhouse steaks (each 3 pounds)

Equipment

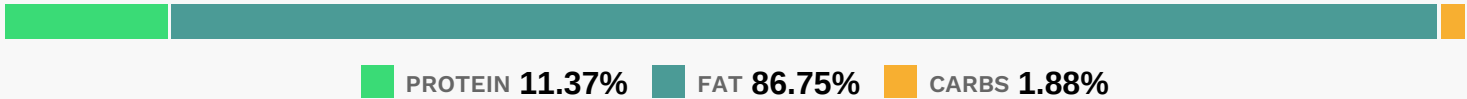
- ☐ grill
- ☐ kitchen thermometer

- ☐ tongs
- ☐ cutting board

Directions

- ☐ Prepare barbecue (medium-high heat). Rub steaks with oil and sprinkle lightly with salt and pepper. Grill until steaks are brown and crusty and thermometer inserted into thickest part registers 120°F to 125°F for medium-rare, turning every five minutes, about 25 minutes total. Using tongs, transfer steaks to cutting board; let steaks rest for 10 minutes.
- ☐ Coarsely chop enough arugula to measure 2 cups and set aside. Arrange remaining arugula on platter and sprinkle with oil, salt, and pepper.
- ☐ Cut meat away from bones. Slice meat thinly and arrange atop arugula.
- ☐ Sprinkle reserved chopped arugula and cheese shavings over steak.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:4.5473912319411%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 180.11kcal (9.01%), Fat: 17.59g (27.07%), Saturated Fat: 4.11g (25.68%), Carbohydrates: 0.86g (0.29%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.36g (0.4%), Cholesterol: 9.57mg (3.19%), Sodium: 204.93mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.37%), Vitamin K: 22.27µg (21.21%), Calcium: 168.25mg (16.83%), Vitamin E: 2.1mg (13.98%), Phosphorus: 96.56mg (9.66%), Vitamin A: 394.25IU (7.89%), Selenium: 3.16µg (4.52%), Vitamin B12: 0.2µg (3.38%), Vitamin B2: 0.06mg (3.28%), Folate: 13.11µg (3.28%), Zinc: 0.47mg (3.1%), Magnesium: 11.76mg (2.94%), Vitamin C: 1.88mg (2.27%), Iron: 0.4mg (2.23%), Manganese: 0.04mg (2.14%), Potassium: 63.65mg (1.82%), Vitamin B6: 0.03mg (1.39%), Vitamin B5: 0.12mg (1.17%)