



 1%  
HEALTH SCORE

## Rib-Eye, T-Bone, and Strip Steaks Cut Over One Inch

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 servings pepper black freshly ground to taste
- 2 Tbsp parsley fresh finely chopped
- 10 garlic clove crushed
- 0.3 cup herbs like: thym finely chopped
- 8 servings kosher salt to taste
- 6 Tbsp olive oil
- 1 beef rib steak boneless bone-in

- 4 Tbsp butter unsalted
- 8 servings vegetable oil

## Equipment

- frying pan
- grill
- kitchen thermometer
- aluminum foil
- cutting board

## Directions

- Generously season the steaks with salt and pepper. Press in the seasoning, and dab the meat onto the board to collect any excess.
- Glisten the meat with canola oil, using the first steak to brush oil onto the others.
- Preheat the BBQ to medium-high.
- Combine the baste ingredients in a foil pan or heatproof pan and warm on the side of the grill.
- Put the meat on the well-oiled grill and cook until medium-rare (or cook to desired doneness).
- Baste regularly, stacking and/or flipping the meat if the flames get out of control.
- When the steaks are nicely caramelized and charred on both sides, approximately 15 to 25 minutes total, they are done. (You can check the temp with an instant-read thermometer if that is more comfortable; the steaks should register 125°F).
- Combine the board dressing ingredients.
- Let the steaks rest for 2 minutes, then pour the board dressing onto a cutting board and slice the steaks, turning to coat the slices.
- \*When steaks come off the grill looking all charred and gorgeous, it'll be tough to resist digging in right away. But letting them rest is essential. Otherwise, a lot of the lovely, tasty juices will spill out when you slice in.
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- Studio

# Nutrition Facts

PROTEIN 7.15% FAT 91.21% CARBS 1.64%

## Properties

Glycemic Index:20.5, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:6.6304347515106%

## Flavonoids

Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 332.6kcal (16.63%), Fat: 34.29g (52.75%), Saturated Fat: 9.01g (56.34%), Carbohydrates: 1.39g (0.46%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.05g (0.06%), Cholesterol: 32.5mg (10.83%), Sodium: 210.69mg (9.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.09%), Vitamin K: 51.91µg (49.44%), Vitamin E: 2.84mg (18.93%), Selenium: 7.51µg (10.72%), Zinc: 1.52mg (10.11%), Vitamin B6: 0.16mg (8.09%), Vitamin B12: 0.48µg (8.02%), Vitamin B3: 1.43mg (7.16%), Vitamin A: 302.14IU (6.04%), Phosphorus: 49.25mg (4.93%), Vitamin B2: 0.08mg (4.46%), Manganese: 0.09mg (4.32%), Iron: 0.71mg (3.93%), Vitamin C: 2.57mg (3.11%), Potassium: 101.4mg (2.9%), Vitamin B1: 0.03mg (2.26%), Magnesium: 8.14mg (2.04%), Copper: 0.04mg (2.01%), Calcium: 13.78mg (1.38%)