



Salt-and-Pepper Rib Eye



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



3 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 servings sea salt



1 teaspoon coarsely ground pepper black



2 teaspoons kosher salt divided

Equipment



paper towels



wire rack



grill



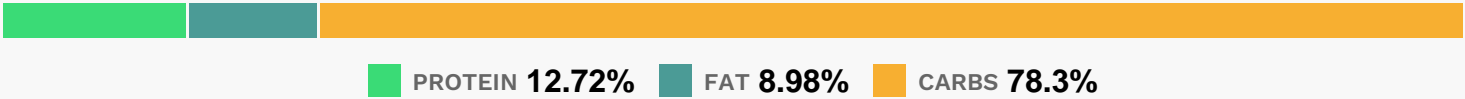
tongs

Directions

- ☐
- Put steak on a wire rack set on a rimmed baking sheet. Pat dry with paper towels. Season with 1/2 teaspoon salt per side. Chill uncovered for up to 3 hours.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:0.57521738095776%

Nutrients (% of daily need)

Calories: 2.51kcal (0.13%), Fat: 0.03g (0.05%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 0.64g (0.21%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 2519.47mg (109.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.21%), Manganese: 0.13mg (6.7%), Vitamin K: 1.64µg (1.56%), Fiber: 0.25g (1.01%)