



Slate-Grilled Porterhouse, Summer Vegetables, and Sourdough Bread

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



395 kcal

Ingredients

- ☐ 2 pounds beefsteak tomatoes halved
- ☐ 1.5 pounds eggplant italian halved lengthwise
- ☐ 0.3 cup rosemary leaves fresh
- ☐ 1 garlic clove halved
- ☐ 6 garlic clove thinly sliced
- ☐ 0.3 cup herbs de provence
- ☐ 8 servings kosher salt
- ☐ 0.3 cup olive oil

- ☐ 1 pound portabello mushrooms
- ☐ 1 pound bell pepper red cut lengthwise into 1 1/2" strips
- ☐ 1.5 pounds sourdough bread cut into 1" wedges
- ☐ 1 pound zucchini halved lengthwise

Equipment

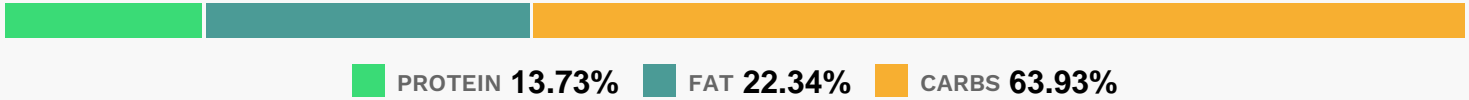
- ☐ baking sheet
- ☐ paper towels
- ☐ grill
- ☐ kitchen thermometer
- ☐ tongs
- ☐ cutting board

Directions

- ☐ If using a charcoal grill, prepare for high heat.
- ☐ Place slate on grill grates and heat (don't worry if it splits or cracks; it can still be used). If using a gas grill, place slate on grates, then heat grill to high (cover grill while heating and grilling). Using paper towels and long-handled tongs, lightly coat slate with oil.
- ☐ Sprinkle steaks with herbes de Provence and season with salt and pepper, pressing gently to adhere.
- ☐ Drizzle each steak with 2 tablespoons oil to moisten herbs. Grill on hot slate until an instant-read thermometer inserted into the thickest part registers 115°F for medium-rare (the temperature will continue to rise as steaks rest), 10–15 minutes per side.
- ☐ Transfer to a cutting board or platter and let rest 20 minutes before slicing.
- ☐ If using a charcoal grill, coals should have cooled to medium heat. If using a gas grill, reduce heat to medium high.
- ☐ Cut a small strip from rounded side of eggplant halves so they will lie flat.
- ☐ Combine eggplants, tomatoes, zucchini, mushrooms, bell peppers, garlic, and rosemary on a rimmed baking sheet; drizzle with oil, season with salt and black pepper, and toss to coat.
- ☐ Place vegetables on slate and grill until browned and tender, 5–8 minutes per side. (Some vegetables may cook faster than others.)

- ☐ Transfer to a platter.
- ☐ If using a charcoal grill, coals should still be around medium heat. If using a gas grill, keep heat at medium-high.
- ☐ Drizzle both sides of each slice of bread with oil.
- ☐ Place bread on slate and grill until golden brown, about 2 minutes per side.
- ☐ Transfer to a serving board or plate, rub both sides of bread with garlic, and season with salt.
- ☐ Serve steaks with grilled vegetables and bread alongside.

Nutrition Facts



Properties

Glycemic Index:31.94, Glycemic Load:37.06, Inflammation Score:-10, Nutrition Score:40.27434786895%

Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 395.32kcal (19.77%), Fat: 10.37g (15.95%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 66.76g (22.25%), Net Carbohydrates: 55.53g (20.19%), Sugar: 15.28g (16.98%), Cholesterol: 0mg (0%), Sodium: 730mg (31.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.34g (28.68%), Vitamin K: 148.61µg (141.54%), Vitamin C: 104.89mg (127.14%), Manganese: 1.61mg (80.6%), Iron: 13.75mg (76.41%), Vitamin A: 3166.89IU (63.34%), Folate: 217.46µg (54.36%), Vitamin B1: 0.81mg (54.14%), Selenium: 36.01µg (51.44%), Vitamin B3: 9.08mg (45.39%), Fiber: 11.23g (44.91%), Vitamin B2: 0.63mg (36.79%), Vitamin B6: 0.67mg (33.57%), Potassium: 1115.36mg (31.87%), Copper: 0.54mg (27.09%), Phosphorus: 254.07mg (25.41%), Vitamin E: 3.55mg (23.66%), Calcium: 226.2mg (22.62%), Magnesium: 86.56mg (21.64%), Vitamin B5: 1.59mg (15.9%), Zinc: 2.34mg (15.57%), Vitamin D: 0.17µg (1.13%)