



Texas T-Bones



Gluten Free



Dairy Free

READY IN



88 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 t-bone steak thick
- ☐ 1 garlic clove cut in half
- ☐ 2 teaspoons peppercorns black crushed
- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 teaspoon worcestershire sauce
- ☐ 0.3 teaspoon juice of lime
- ☐ 1 serving salt and pepper to taste

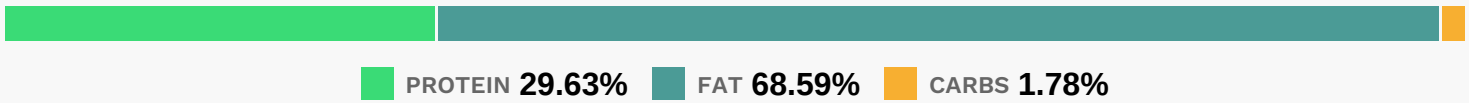
Equipment

☐ grill

Directions

- ☐ Trim fat on beef steaks to 1/4-inch thickness. Rub beef with garlic. Press pepper into beef. Cover and refrigerate 1 hour.
- ☐ Mix butter, mustard, Worcesershire sauce and lime juice; reserve.
- ☐ Heat coals or gas grill for direct heat. Cover and grill beef 4 to 5 inches from medium heat 16 to 18 minutes for medium doneness, turning halfway through grilling.
- ☐ Sprinkle with salt and pepper.
- ☐ Place beef on warm platter; remove bone.
- ☐ Cut beef at slanted angle into thin slices.
- ☐ Serve with butter mixture.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:16.937826055547%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 488.99kcal (24.45%), Fat: 36.82g (56.64%), Saturated Fat: 12.63g (78.92%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.16g (0.17%), Cholesterol: 95.2mg (31.73%), Sodium: 325.61mg (14.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.79g (71.58%), Vitamin B12: 4.74µg (79%), Selenium: 29.54µg (42.2%), Zinc: 5.64mg (37.58%), Vitamin B6: 0.67mg (33.28%), Vitamin B3: 6.23mg (31.16%), Phosphorus: 308.23mg (30.82%), Iron: 3.74mg (20.8%), Vitamin B2: 0.32mg (18.8%), Manganese: 0.33mg (16.55%), Potassium: 575.5mg (16.44%), Vitamin B1: 0.18mg (12.2%), Vitamin A: 523IU (10.46%), Magnesium: 40.3mg (10.07%), Copper: 0.17mg (8.51%), Vitamin B5: 0.59mg (5.86%), Vitamin K: 3.68µg (3.5%), Vitamin E: 0.48mg (3.18%), Fiber: 0.73g (2.94%),

Calcium: 28.8mg (2.88%), Folate: 11.09µg (2.77%)