



The Food Lab's Perfect Grilled Ribeye Steaks



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



2

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 servings pepper black freshly ground
- 2 beef rib steak thick (see note above)

Equipment

- plastic wrap
- grill
- kitchen thermometer
- cutting board

Directions

- Season steaks liberally with salt. Set on a plate and let rest for at least 40 minutes, or up to 4 days. If resting longer than 40 minutes, tent loosely with plastic wrap and transfer to refrigerator until ready to cook.
- Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on one side of the charcoal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate. Season steak with pepper and place on cooler side of grill, cover, and cook with all of the vents open flipping and taking temperature every few minutes until steaks register 115°F for medium-rare or 125°F for medium on an instant read thermometer, 10 to 15 minutes total.
- Transfer steaks to hot side of grill and cook, flipping frequently until a deep char has developed and internal temperature registers 125°F for medium-rare or 135°F for medium, about 2 minutes total.
- Transfer steaks to a cutting board and allow to rest for at least 5 minutes and up to 1
- Carve and serve immediately.

Nutrition Facts

PROTEIN 38.72% **FAT 61.22%** **CARBS 0.06%**

Properties

Glycemic Index:16, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:20.265217534712%

Nutrients (% of daily need)

Calories: 470.33kcal (23.52%), Fat: 31.96g (49.17%), Saturated Fat: 14.22g (88.85%), Carbohydrates: 0.06g (0.02%), Net Carbohydrates: 0.04g (0.01%), Sugar: 0g (0%), Cholesterol: 137.86mg (45.95%), Sodium: 117.54mg (5.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.48g (90.96%), Selenium: 55.15µg (78.78%), Zinc: 11.6mg (77.3%), Vitamin B12: 3.75µg (62.53%), Vitamin B3: 11.07mg (55.33%), Vitamin B6: 0.9mg (45.1%), Phosphorus: 325.6mg (32.56%), Vitamin B2: 0.54mg (31.78%), Iron: 3.9mg (21.65%), Potassium: 607.01mg (17.34%), Vitamin B1: 0.2mg (13.27%), Magnesium: 47.63mg (11.91%), Copper: 0.18mg (8.88%), Vitamin K: 3.55µg (3.38%), Folate: 6.8µg (1.7%), Calcium: 16.26mg (1.63%), Vitamin D: 0.23µg (1.51%)