



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

T-Bone Steak with Sides · ·

A delicious and hearty steak dish that is perfect for meat lovers. The T-bone steak is cooked to perfection and served with flavorful sides.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

500 g	t-bone steak
1 tsp	Salt
1 tsp	Black pepper
2 tbsp	Olive oil
2 cloves	garlic

2 sprigs	Rosemary
2 tbsp	Butter
400 g	mashed potatoes
200 g	Green beans

Directions

Step 1

Grilling

Preheat the grill to high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season the T-bone steak with salt and black pepper on both sides.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Drizzle olive oil over the steak and rub it in.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Crush the garlic cloves and remove the skin.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Place the garlic cloves and rosemary sprigs on top of the steak.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Grilling

Grill the steak for 10 minutes on each side for medium-rare.

Prep Time: 0 mins

Cook Time: 20 mins

Step 7

Resting

Remove the steak from the grill and let it rest for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 8

Stove

In a pan, melt butter over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 9

Stove

Add the mashed potatoes and green beans to the pan.

Prep Time: 2 mins

Cook Time: 5 mins

Step 10

Stove

Cook the sides for 5 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 5 mins

Step 11

Serving

Serve the T-bone steak with the mashed potatoes and green beans.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 800 kcal

Fat: 50 g

Protein: 60 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	60 g	352.94%	352.94%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	20 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	50 g	178.57%	200%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	10 mg	66.67%	66.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	10 mg	1%	1%
Iron	25 mg	312.5%	138.89%
Potassium	30 mg	0.88%	1.15%
Zinc	30 mg	272.73%	375%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Course

Appetizers Main Dishes Side Dishes Desserts Drinks Breads Salads
Soups Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah

Difficulty Level

Medium

Visit our website: healthdor.com