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## Fire Grilled T-Bone

The Fire Grilled T-Bone is a classic steak recipe that is cooked over an open flame. The T-Bone steak is known for its rich flavor and tender texture. It is a popular choice for grilling enthusiasts and steak lovers.

Recipe Type: Standard Prep Time: 15 mins

Cook Time: 10 mins Total Time: 25 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

### **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 to prevent sticking.

Prep Time: 2 mins

Cook Time: 0 mins

### Step 4

Grilling

Place the T-Bone steak on the grill and cook for 4-5 minutes per side for medium-rare.

Prep Time: 0 mins

Cook Time: 10 mins

#### Step 5

Resting

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

Prep Time: 0 mins

Cook Time: 0 mins

## **Nutrition Facts**

Calories: 500 kcal

**Fat:** 30 g

Protein: 50 g

Carbohydrates: 0 g

## **Nutrition Facts**

**Proteins** 

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	50 g	294.12%	294.12%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	0 g	0%	0%
Fibers	0 g	0%	0%
Sugars	0 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	10 g	45.45%	58.82%
Fat	30 g	107.14%	120%
Cholesterol	150 mg	N/A	N/A

### **Vitamins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

### **Minerals**

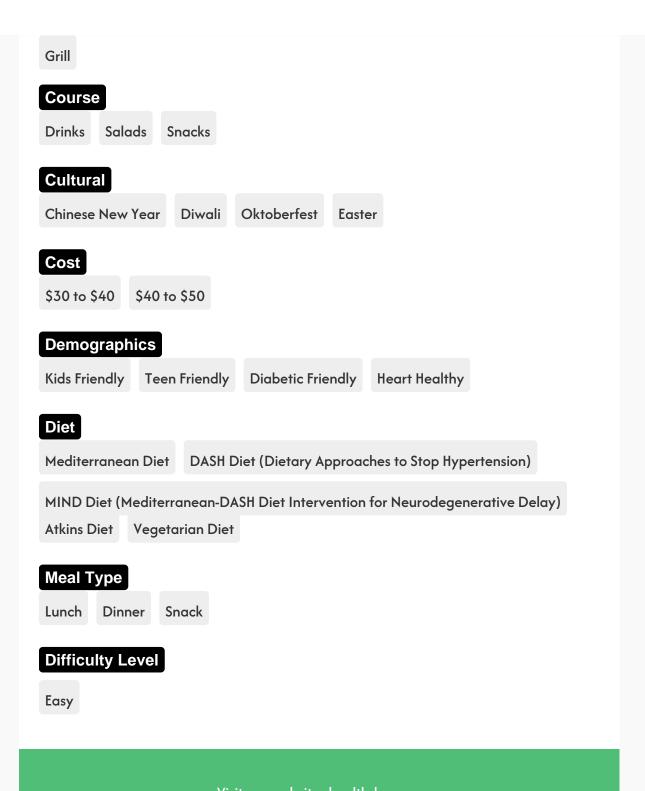
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	100 mg	10%	10%
Iron	4 mg	50%	22.22%
Potassium	600 mg	17.65%	23.08%
Zinc	6 mg	54.55%	75%
Selenium	50 mcg	90.91%	90.91%

# **Recipe Attributes**

Events

Picnic

Kitchen Tools



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