



Healthdor

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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

<b>500 g</b>	t-bone steak
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>2 tbsp</b>	olive oil

# Directions

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## Step 1

Grilling

Preheat the grill to high heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Drizzle olive oil over the steak to prevent sticking.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## 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**

Grill

### Course

Drinks

Salads

Snacks

### Cultural

Chinese New Year

Diwali

Oktoberfest

Easter

### Cost

\$30 to \$40

\$40 to \$50

### Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Atkins Diet

Vegetarian Diet

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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