

Rock's T-Bone Steaks

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/t-bone-steak-recipe-indian>

Ingredients:

- 4 teaspoons salt or to taste
- 2 teaspoons paprika
- 1 1/2 teaspoons ground black pepper
- 3/4 teaspoon onion powder
- 3/4 teaspoon garlic powder or to taste
- 3/4 teaspoon cayenne pepper or to taste
- 3/4 teaspoon ground coriander or to taste
- 3/4 teaspoon ground turmeric or to taste
- 64 ounces t-bone steaks at room temperature

Nutrition:

1. Calories: 880 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 205 milligrams
4. Fat: 55 grams
5. Fiber: 1 grams
6. Protein: 91 grams
7. SaturatedFat: 23 grams
8. Sodium: 2610 milligrams

Thank you for visiting our website. Hope you enjoy Rock's T-Bone Steaks above. You can see more 17 t bone steak recipe indian Experience culinary bliss now! to get more great cooking ideas.