



Balsamic-Basted Steaks



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 tablespoons coarse mustard
- ☐ 24 ounce filet mignon steaks
- ☐ 6 to 8 long fresh
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 4 plum tomatoes halved
- ☐ 4 small onions red halved

- ☐ 1 teaspoon salt
- ☐ 4 servings kitchen twine
- ☐ 4 servings kitchen twine

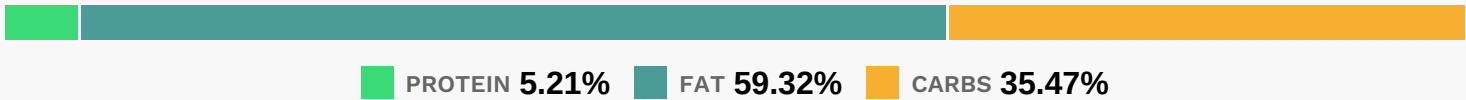
Equipment

- ☐ plastic wrap
- ☐ grill
- ☐ kitchen twine

Directions

- ☐ Mix together the oil, vinegar, mustard, salt, and pepper in a large, shallow dish. If desired, wrap a rosemary sprig around edge of steak and tie ends securely with kitchen string. Repeat with other steaks.
- ☐ Place steaks in marinade and turn to coat. Cover with plastic wrap and refrigerate 30 minutes or overnight.
- ☐ Lightly coat clean grids of grill with cooking oil spray.
- ☐ Heat the grill to medium-high heat. Lightly brush onion and tomato halves with oil.
- ☐ Place onions on grill, cut side down, and grill 10 minutes with the lid down. Turn and cook 5 minutes more; transfer to a plate and keep warm.
- ☐ Place steaks on grill and cook, without turning, 4 minutes with the lid down. Turn steaks and place tomatoes, cut side down, on grill. Cook steak and tomatoes, with lid down, 4 minutes.
- ☐ Transfer steak to plates along with the onions and tomatoes.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:3.64, Inflammation Score:-8, Nutrition Score:6.8565217723017%

Flavonoids

Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 22.69mg, Quercetin: 22.69mg, Quercetin: 22.69mg, Quercetin: 22.69mg

Nutrients (% of daily need)

Calories: 162.19kcal (8.11%), Fat: 11.08g (17.05%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 11.7g (4.26%), Sugar: 7.6g (8.44%), Cholesterol: 0mg (0%), Sodium: 673.86mg (29.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin C: 16.99mg (20.6%), Manganese: 0.3mg (15.11%), Fiber: 3.21g (12.84%), Vitamin E: 1.9mg (12.65%), Vitamin K: 12.18µg (11.6%), Vitamin A: 569.21IU (11.38%), Potassium: 341.32mg (9.75%), Vitamin B6: 0.19mg (9.63%), Folate: 32.4µg (8.1%), Magnesium: 24.19mg (6.05%), Vitamin B1: 0.09mg (5.9%), Phosphorus: 57.78mg (5.78%), Copper: 0.1mg (4.77%), Calcium: 44.71mg (4.47%), Selenium: 3.11µg (4.45%), Iron: 0.76mg (4.24%), Vitamin B2: 0.05mg (2.89%), Vitamin B3: 0.55mg (2.77%), Zinc: 0.37mg (2.43%), Vitamin B5: 0.23mg (2.29%)