



Balsamic Pan-Seared Steaks

 Gluten Free  Dairy Free  Low Fod Map

READY IN



2 min.

SERVINGS



4

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup balsamic vinegar
- 0.3 cup beef broth
- 16 ounce beef tenderloin steaks boneless lean ()
- 1 teaspoon garlic-pepper seasoning
- 1 teaspoon olive oil
- 0.3 teaspoon salt

Equipment

- frying pan

Directions

- Sprinkle both sides of steaks with garlic-pepper seasoning and salt.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add steaks, and cook 3 minutes on each side or until done.
- Remove steaks from pan; keep warm.
- Combine vinegar and broth in pan. Bring to a boil; reduce heat to medium-high, and cook 5 minutes or until sauce is reduced to a 1/4 cup, stirring occasionally. Spoon sauce over steaks.

Nutrition Facts

PROTEIN 52.24% **FAT 35.95%** **CARBS 11.81%**

Properties

Glycemic Index:20.5, Glycemic Load:2.78, Inflammation Score:-2, Nutrition Score:11.911304154636%

Nutrients (% of daily need)

Calories: 207.37kcal (10.37%), Fat: 7.78g (11.98%), Saturated Fat: 2.65g (16.57%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 5.63g (2.05%), Sugar: 4.77g (5.3%), Cholesterol: 72.57mg (24.19%), Sodium: 289.56mg (12.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.45g (50.9%), Selenium: 34.75µg (49.64%), Vitamin B3: 7.43mg (37.14%), Vitamin B6: 0.71mg (35.44%), Zinc: 4.53mg (30.22%), Phosphorus: 246.45mg (24.64%), Vitamin B12: 1.07µg (17.81%), Potassium: 454.61mg (12.99%), Iron: 2.13mg (11.85%), Vitamin B2: 0.14mg (8.17%), Magnesium: 31.17mg (7.79%), Vitamin B5: 0.75mg (7.46%), Manganese: 0.12mg (6.02%), Vitamin B1: 0.08mg (5.66%), Copper: 0.1mg (5.06%), Folate: 15.23µg (3.81%), Calcium: 37.07mg (3.71%), Vitamin E: 0.5mg (3.34%), Vitamin K: 2.78µg (2.65%)