



## Broiled Black Pepper Sirloin Steak

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



899 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 serving olive oil extra virgin extra-virgin
- 1.5 pound sirloin steak boneless
- 1 serving coarse salt
- 1 teaspoon pepper black
- 1 onion sliced cut in half and
- 1 tablespoon butter unsalted
- 0.3 cup red wine vinegar

### Equipment

- frying pan
- oven
- broiler
- stove
- cutting board

## Directions

- Preheat oven to broil.
- Place 12-inch cast-iron skillet under broiler for 2 minutes.
- Brush olive oil onto steak. Season both sides of steak generously with salt and freshly cracked black pepper.
- Add the steak to the heated pan and broil for 8 1/2 minutes.
- Transfer steak to a plate to rest.
- Heat steak pan on the stovetop over medium heat.
- Add onions and butter. Stir and cook until browned, about 6 minutes.
- Pour in vinegar and stir to scrape up browned bits on bottom of the pan.
- Let vinegar simmer until reduced, just about 1 minute.
- Pour any steak juices from the resting steak into the pan.
- Transfer the steak to a cutting board and slice into 1/4-inch slices.
- Lay the steak slices on a platter and pour the sauce over top and serve.

## Nutrition Facts

 **PROTEIN 32.5%**  **FAT 64.82%**  **CARBS 2.68%**

## Properties

Glycemic Index:29.5, Glycemic Load:1.26, Inflammation Score:-5, Nutrition Score:29.672173818816%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg,

Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg  
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin:  
11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

## **Nutrients (% of daily need)**

Calories: 899.38kcal (44.97%), Fat: 63.18g (97.2%), Saturated Fat: 25.04g (156.53%), Carbohydrates: 5.89g (1.96%),  
Net Carbohydrates: 4.7g (1.71%), Sugar: 2.34g (2.6%), Cholesterol: 205.56mg (68.52%), Sodium: 287.1mg (12.48%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.27g (142.55%), Vitamin B12: 9.47µg (157.82%), Selenium:  
56.53µg (80.75%), Zinc: 11.28mg (75.22%), Vitamin B6: 1.36mg (68.09%), Vitamin B3: 12.43mg (62.14%),  
Phosphorus: 614.33mg (61.43%), Iron: 7.27mg (40.4%), Vitamin B2: 0.63mg (37.14%), Potassium: 1162.1mg (33.2%),  
Vitamin B1: 0.37mg (24.46%), Magnesium: 76.98mg (19.25%), Copper: 0.31mg (15.43%), Manganese: 0.26mg  
(13.08%), Vitamin B5: 1.14mg (11.44%), Vitamin E: 1.19mg (7.95%), Folate: 31.24µg (7.81%), Vitamin K: 6.56µg (6.25%),  
Vitamin C: 4.27mg (5.17%), Fiber: 1.19g (4.75%), Calcium: 41.69mg (4.17%), Vitamin A: 181.5IU (3.63%)