

Broiled Fish Steaks



Gluten Free



Dairy Free



Low Fod Map

READY IN



16 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds fat-trimmed beef flank steak
- ☐ 1 serving salt and pepper to taste
- ☐ 2 tablespoons butter melted

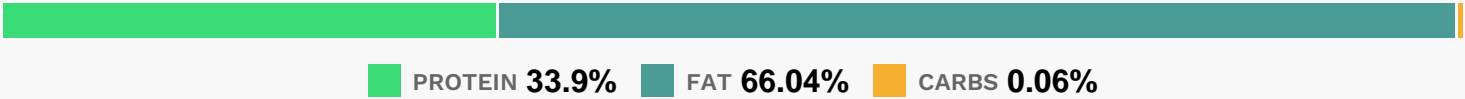
Equipment

- ☐ oven
- ☐ spatula
- ☐ broiler pan

Directions

- ☐ Set oven to broil.
- ☐ Sprinkle both sides of fish with salt and pepper.
- ☐ Brush both sides with half of the butter.
- ☐ Place on rack in broiler pan.
- ☐ Broil with top of fish steak about 4 inches from heat 5 minutes.
- ☐ Brush with butter. Carefully turn fish. (If fish sticks to the rack, loosen gently with a turner or fork.)
- ☐ Brush other side with butter.
- ☐ Broil 4 to 6 minutes longer or until fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:15.535217413193%

Nutrients (% of daily need)

Calories: 404.13kcal (20.21%), Fat: 29.69g (45.67%), Saturated Fat: 11.87g (74.18%), Carbohydrates: 0.06g (0.02%), Net Carbohydrates: 0.06g (0.02%), Sugar: 0g (0%), Cholesterol: 103.76mg (34.59%), Sodium: 202.91mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.29g (68.57%), Selenium: 41.5µg (59.29%), Zinc: 8.73mg (58.17%), Vitamin B12: 2.83µg (47.18%), Vitamin B3: 8.33mg (41.65%), Vitamin B6: 0.68mg (33.97%), Phosphorus: 246.55mg (24.65%), Vitamin B2: 0.41mg (24.07%), Iron: 2.93mg (16.26%), Potassium: 458.81mg (13.11%), Vitamin B1: 0.15mg (10.03%), Magnesium: 35.93mg (8.98%), Copper: 0.13mg (6.64%), Vitamin A: 275.9IU (5.52%), Vitamin K: 2.55µg (2.43%), Vitamin E: 0.22mg (1.45%), Calcium: 14.04mg (1.4%), Folate: 5.17µg (1.29%), Vitamin D: 0.17µg (1.13%)