



Broiled Steaks With Mushrooms

 Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup butter
- 4 chuck-eye steaks boneless 1-inch-thick ()
- 2 cups mushrooms fresh sliced
- 4 servings parsley fresh chopped
- 0.5 teaspoon garlic powder
- 1.1 teaspoons salt divided

Equipment

- sauce pan
- oven
- aluminum foil
- broiler pan

Directions

- Sprinkle steaks evenly with 1 tsp. salt, pepper, and garlic powder.
- Place steaks on a lightly greased rack in an aluminum foil-lined broiler pan.
- Broil steaks 7 to 8 inches from heat 6 to 7 minutes on each side or to desired doneness.
- Remove steaks from oven.
- Melt butter in a small saucepan over medium-high heat; add mushrooms. Saut mushrooms 3 minutes or until lightly browned; add remaining 1/8 tsp. salt. Arrange steaks on a serving platter, and top evenly with mushrooms.
- Sprinkle with chopped parsley.

Nutrition Facts

■ PROTEIN **6.46%** ■ FAT **86.25%** ■ CARBS **7.29%**

Properties

Glycemic Index:37.75, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:7.3608696408894%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 117.75kcal (5.89%), Fat: 11.87g (18.26%), Saturated Fat: 7.39g (46.2%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 1.55g (0.56%), Sugar: 1g (1.12%), Cholesterol: 31.18mg (10.39%), Sodium: 750.86mg (32.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Vitamin K: 67.02µg (63.83%), Vitamin A: 693.02IU (13.86%), Vitamin B2: 0.2mg (12.01%), Vitamin B3: 1.84mg (9.2%), Copper: 0.17mg (8.25%), Vitamin C: 6.33mg (7.68%), Vitamin B5: 0.76mg (7.63%), Selenium: 4.91µg (7.01%), Potassium: 189.56mg (5.42%), Phosphorus: 50.79mg (5.08%), Folate: 14.91µg (3.73%), Manganese: 0.07mg (3.31%), Vitamin B6: 0.06mg (3.25%), Iron: 0.56mg

(3.13%), Vitamin B1: 0.05mg (3.05%), Fiber: 0.71g (2.84%), Zinc: 0.39mg (2.63%), Vitamin E: 0.37mg (2.47%), Magnesium: 7.54mg (1.88%), Calcium: 12.31mg (1.23%), Vitamin B12: 0.07µg (1.16%)