



Cajun Steaks With Louisiana Slaw



Gluten Free



Dairy Free

READY IN



37 min.

SERVINGS



4

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 1.5 teaspoons cajun spice divided
- ☐ 24 oz chuck-eye steaks
- ☐ 16 oz coleslaw mix shredded
- ☐ 2 tablespoons dijon mustard divided
- ☐ 0.5 cup mayonnaise
- ☐ 1 medium size onion red cut into 1/2-inch-thick slices
- ☐ 0.5 teaspoon salt

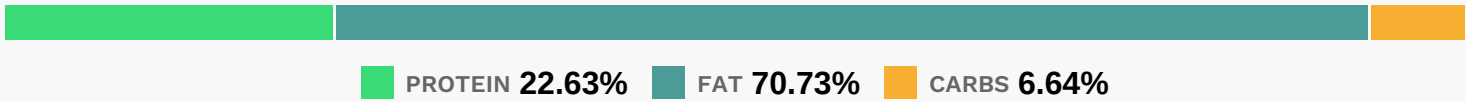
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Stir together mayonnaise, vinegar, 1 Tbsp. Creole mustard, and 1 tsp. Cajun seasoning in a medium bowl until blended. Stir in coleslaw. Cover and chill.
- ☐ Meanwhile, brush steaks with remaining 1 Tbsp. mustard, and sprinkle with salt and remaining 1/2 tsp. Cajun seasoning.
- ☐ Heat a grill pan over medium-high heat. Cook steaks in pan 6 minutes on each side or to desired degree of doneness. Cook onion 5 minutes on each side.
- ☐ Serve steak and onions immediately with coleslaw.
- ☐ Note: We tested with McCormick Cajun Seasoning.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:2.35, Inflammation Score:-7, Nutrition Score:29.757391193639%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 604.64kcal (30.23%), Fat: 47.97g (73.8%), Saturated Fat: 14.66g (91.64%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 6.26g (2.27%), Sugar: 5.15g (5.73%), Cholesterol: 127.43mg (42.48%), Sodium: 688.86mg (29.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.53g (69.06%), Vitamin K: 135.2µg (128.76%), Zinc: 12.89mg (85.96%), Vitamin B12: 4.52µg (75.4%), Selenium: 37.23µg (53.19%), Vitamin C: 43.58mg (52.82%), Vitamin

B6: 0.89mg (44.3%), Vitamin B3: 7.86mg (39.3%), Phosphorus: 367.07mg (36.71%), Iron: 4.58mg (25.43%), Potassium: 851.41mg (24.33%), Vitamin B2: 0.32mg (18.56%), Vitamin B1: 0.23mg (15.6%), Fiber: 3.89g (15.55%), Folate: 61.38µg (15.35%), Vitamin B5: 1.48mg (14.8%), Manganese: 0.29mg (14.37%), Magnesium: 55.79mg (13.95%), Vitamin A: 530.12IU (10.6%), Vitamin E: 1.58mg (10.51%), Calcium: 84.62mg (8.46%), Copper: 0.15mg (7.72%), Vitamin D: 0.23µg (1.51%)