



Cheesy Italian Tenderloin Steaks

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz beef tenderloin steaks
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 teaspoon garlic salt
- ☐ 0.5 cup plum tomatoes seeded chopped (Roma)
- ☐ 0.3 cup basil dried fresh chopped
- ☐ 1 oz mozzarella cheese shredded

Equipment

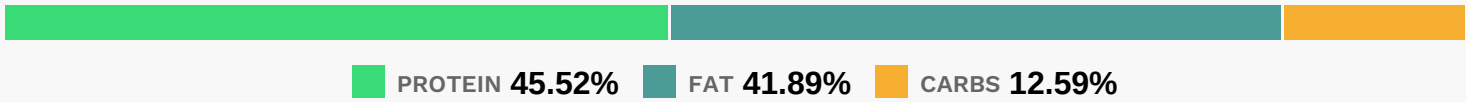
- ☐ oven

☐ broiler pan

Directions

- ☐ Set oven control to broil.
- ☐ Place steaks on rack in broiler pan.
- ☐ Brush both sides of steaks with oil; sprinkle with garlic salt.
- ☐ Broil with tops 4 to 6 inches from heat, turning once, until of desired doneness (10 to 15 minutes for medium, 160°F).
- ☐ Remove broiler pan from oven.
- ☐ Sprinkle steaks with tomatoes, basil and cheese. Broil about 1 minute or just until cheese begins to melt.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.34, Inflammation Score:-7, Nutrition Score:30.9899999996579%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 258.92kcal (12.95%), Fat: 12.37g (19.03%), Saturated Fat: 4.26g (26.64%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 2.44g (0.89%), Sugar: 1.1g (1.23%), Cholesterol: 78.17mg (26.06%), Sodium: 264.87mg (11.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.25g (60.49%), Vitamin K: 263.63µg (251.08%), Iron: 15.21mg (84.48%), Manganese: 1.5mg (74.89%), Selenium: 36.24µg (51.76%), Vitamin B6: 0.93mg (46.49%), Vitamin B3: 8.17mg (40.87%), Calcium: 395.01mg (39.5%), Zinc: 5.81mg (38.73%), Magnesium: 135.89mg (33.97%), Phosphorus: 309.7mg (30.97%), Potassium: 865.83mg (24.74%), Fiber: 5.93g (23.72%), Copper: 0.41mg (20.75%), Vitamin B12: 1.22µg (20.27%), Vitamin B2: 0.34mg (19.82%), Folate: 65.51µg (16.38%), Vitamin E: 2.38mg (15.9%), Vitamin B5: 0.89mg (8.95%), Vitamin A: 404.27IU (8.09%), Vitamin B1: 0.11mg (7.25%), Vitamin C: 4.17mg (5.05%)