



Classic Steakhouse Blend



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



6 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons mustard dry
- ☐ 2 teaspoons garlic powder
- ☐ 1 teaspoon coarsely ground pepper
- ☐ 2 teaspoons salt

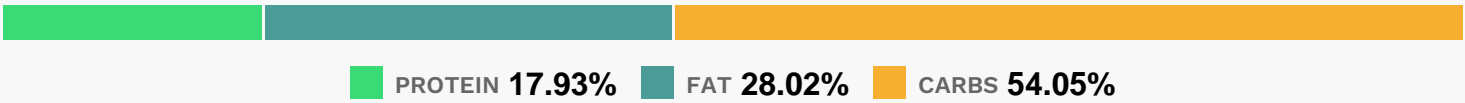
Equipment

- ☐ grill

Directions

- ☐ Combine all ingredients. Store in an airtight container. Use to coat flank, sirloin, or rib-eye steak.
- ☐ Classic Flank Steak: Rub Classic Steakhouse Blend over 1 (2 to 2 1/2-pound) flank steak. (For investment cooking, freeze in a freezer bag for up to 6 months. Thaw before cooking.) Grill, covered with grill lid, over meduim high heat (350 to 40
- ☐ minutes on each side or to desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:5.29, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.58608695192505%

Nutrients (% of daily need)

Calories: 6.46kcal (0.32%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 0.97g (0.32%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 665.07mg (28.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Manganese: 0.06mg (3.03%), Selenium: 1.41µg (2.01%)