



HEALTH SCORE

66%

Coriander steaks with tomato & rocket salad



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



996 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp coriander seed
- ☐ 1 tsp peppercorn black
- ☐ 1 pinch chilli flakes dried red
- ☐ 2 00g 6–8oz sirloin steaks
- ☐ 140 g cherry tomatoes
- ☐ 1 small onion red chopped
- ☐ 3 tbsp olive oil
- ☐ 1 tbsp juice of lemon

☐ 50 g rocket

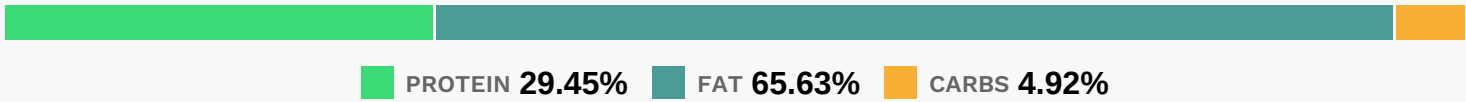
Equipment

☐ frying pan

Directions

- ☐ Crush the coriander seeds with the black peppercorns.
- ☐ Add the dried red chilli flakes, then use to coat both sides of the steaks. Set aside. Preheat a griddle pan on a high heat.
- ☐ Cut the cherry tomatoes in half then toss with the red onion, olive oil and lemon juice and season with salt, pepper and a pinch of sugar. Toss in the rocket.
- ☐ Griddle the steaks for 2–3 minutes each side, allow to rest, and serve with the salad.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:37.801739568296%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.83mg, Isorhamnetin: 3.83mg, Isorhamnetin: 3.83mg, Isorhamnetin: 3.83mg Kaempferol: 9.09mg, Kaempferol: 9.09mg, Kaempferol: 9.09mg, Kaempferol: 9.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 13.66mg, Quercetin: 13.66mg, Quercetin: 13.66mg, Quercetin: 13.66mg

Nutrients (% of daily need)

Calories: 996.05kcal (49.8%), Fat: 72.23g (111.12%), Saturated Fat: 23.45g (146.54%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 8.71g (3.17%), Sugar: 4.79g (5.33%), Cholesterol: 190.4mg (63.47%), Sodium: 202.88mg (8.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.93g (145.87%), Vitamin B12: 9.45µg (157.53%), Selenium: 57.58µg (82.26%), Zinc: 11.61mg (77.4%), Vitamin B6: 1.44mg (72.12%), Phosphorus: 654.6mg (65.46%), Vitamin B3: 12.95mg (64.73%), Iron: 8.54mg (47.47%), Vitamin K: 45.73µg (43.55%), Potassium: 1445.57mg (41.3%), Vitamin B2: 0.68mg (39.8%), Vitamin C: 27.21mg (32.98%), Manganese: 0.6mg (29.94%), Vitamin B1: 0.41mg

(27.45%), Magnesium: 104.09mg (26.02%), Vitamin E: 3.59mg (23.92%), Copper: 0.42mg (20.84%), Vitamin A: 963.96IU (19.28%), Folate: 66.09µg (16.52%), Fiber: 3.47g (13.88%), Vitamin B5: 1.36mg (13.62%), Calcium: 109.05mg (10.9%)