



Creole Pan-Fried Flat Iron Steak

 **Gluten Free**

READY IN

ready

30 min.

SERVINGS

servings

3

CALORIES

calories

807 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 teaspoons blackened seasoning
- ☐ 0.5 cup butter
- ☐ 2 pounds flat iron steak
- ☐ 2 teaspoons garlic salt
- ☐ 0.1 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lime
- ☐ 1 tablespoon pepper sauce hot
- ☐ 0.1 teaspoon salt

☐ 0.5 cup water

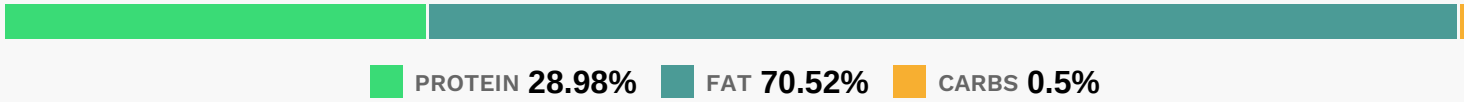
Equipment

☐ frying pan

Directions

- ☐ Heat a skillet over medium heat. Season the steak with hot pepper sauce.
- ☐ Sprinkle or mist with a little lime juice and season lightly with just a portion of the garlic salt, salt, black pepper and blackened seasoning.
- ☐ Place the steak in the pan and cover with a lid. Cook for about 20 minutes, or to your desired degree of doneness, turning and adding more seasoning every 5 minutes.
- ☐ Remove steaks to a serving platter and keep warm. Stir butter and water into the pan, removing any browned bits from the bottom to make a gravy. Season with additional garlic salt, salt and pepper to taste.
- ☐ Serve steaks with gravy drizzled over them.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:30.843043371387%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 806.67kcal (40.33%), Fat: 62.52g (96.19%), Saturated Fat: 31.38g (196.13%), Carbohydrates: 0.99g (0.33%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.25g (0.27%), Cholesterol: 280.92mg (93.64%), Sodium: 2630.57mg (114.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.82g (115.64%), Vitamin B12: 15.34µg (255.59%), Zinc: 20.86mg (139.07%), Selenium: 90.51µg (129.3%), Phosphorus: 567.49mg (56.75%), Vitamin B6: 1.13mg (56.54%), Vitamin B3: 10.38mg (51.92%), Vitamin B2: 0.7mg (41.44%), Iron: 7.2mg (39.98%), Vitamin B5: 2.94mg (29.39%), Potassium: 962.87mg (27.51%), Vitamin B1: 0.31mg (20.36%), Vitamin A: 957.93IU (19.16%), Copper: 0.37mg (18.62%), Magnesium: 65.86mg (16.46%), Vitamin E: 1.42mg (9.47%), Vitamin C: 6.24mg (7.57%),

Vitamin K: 4.76µg (4.54%), Manganese: 0.07mg (3.36%), Calcium: 31.54mg (3.15%), Folate: 11.48µg (2.87%)