



Cumin-Coriander Sirloin Steak

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 0.5 teaspoon ground coriander seeds
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 0.5 teaspoon salt
- 1 pound rump steak boneless thick trimmed ()

Equipment

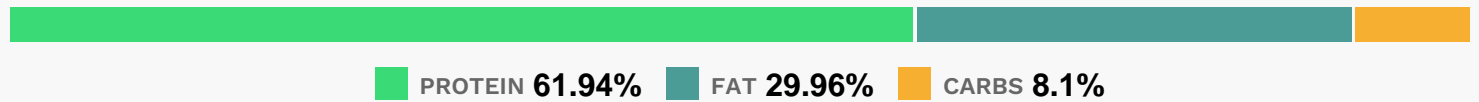
- frying pan

oven

Directions

- Preheat oven to 45
- Coat an 8-inch cast-iron skillet with cooking spray.
- Place the pan in a 450 oven for 5 minutes.
- Combine brown sugar and next 4 ingredients (brown sugar through pepper); rub over both sides of steak.
- Place steak in preheated pan.
- Bake at 450 for 7 minutes on each side or until desired degree of doneness.
- Let stand 5 minutes.
- Cut steak diagonally across grain into thin slices.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:11.567391302922%

Nutrients (% of daily need)

Calories: 166.57kcal (8.33%), Fat: 5.36g (8.25%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 3.1g (1.13%), Sugar: 2.93g (3.25%), Cholesterol: 69.17mg (23.06%), Sodium: 356.71mg (15.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.94g (49.88%), Vitamin B3: 8.45mg (42.23%), Selenium: 29.04µg (41.49%), Vitamin B6: 0.69mg (34.35%), Zinc: 4.72mg (31.49%), Phosphorus: 235.22mg (23.52%), Vitamin B12: 1.35µg (22.49%), Iron: 2.09mg (11.6%), Potassium: 402.03mg (11.49%), Vitamin B5: 0.74mg (7.43%), Vitamin B2: 0.12mg (7.3%), Magnesium: 28.29mg (7.07%), Vitamin B1: 0.07mg (4.78%), Copper: 0.09mg (4.47%), Calcium: 38.71mg (3.87%), Folate: 14.93µg (3.73%), Vitamin E: 0.42mg (2.8%), Manganese: 0.03mg (1.71%), Vitamin K: 1.59µg (1.51%), Vitamin A: 55.19IU (1.1%)