



Dijon Sirloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons bottled garlic minced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 1 tablespoon juice of lime fresh ()
- ☐ 0.3 teaspoon salt
- ☐ 1 pound rump steak boneless (3/)
- ☐ 3 tablespoons grain dijon mustard whole

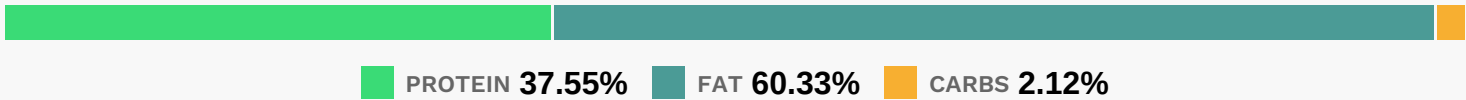
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 4 ingredients in a small bowl; stir well.
- ☐ Place steak on a broiler pan coated with cooking spray. Spoon half of mustard mixture evenly over steak, and broil 4 minutes. Turn steak, and spread remaining mustard mixture over steak. Broil 3 minutes or until desired degree of doneness.
- ☐ Place steak on a serving platter; sprinkle with parsley and pepper.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:12.728695654351%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 261.64kcal (13.08%), Fat: 17.21g (26.48%), Saturated Fat: 6.85g (42.82%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 0.73g (0.26%), Sugar: 0.25g (0.27%), Cholesterol: 63.5mg (21.17%), Sodium: 331.66mg (14.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.11g (48.21%), Vitamin B12: 3.15µg (52.54%), Selenium: 22.63µg (32.32%), Vitamin K: 33.41µg (31.82%), Zinc: 3.83mg (25.5%), Vitamin B6: 0.45mg (22.44%), Phosphorus: 212.31mg (21.23%), Vitamin B3: 4.22mg (21.09%), Iron: 2.62mg (14.55%), Vitamin B2: 0.22mg (12.65%), Potassium: 388.1mg (11.09%), Vitamin B1: 0.14mg (9.24%), Magnesium: 29.94mg (7.48%), Copper: 0.11mg (5.34%), Manganese: 0.11mg (5.31%), Vitamin C: 3.99mg (4.83%), Vitamin B5: 0.4mg (4.04%), Vitamin A: 179.76IU (3.6%), Folate: 11.06µg (2.77%), Fiber: 0.64g (2.55%), Calcium: 19.28mg (1.93%)