



Dijon Steak with Orange-Balsamic Sauce



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 16 ounce beef tenderloin steaks ()
- ☐ 2 teaspoons creole seasoning
- ☐ 2 teaspoons dijon mustard
- ☐ 2 garlic cloves halved
- ☐ 0.5 cup green onions minced (3)
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 0.7 cup orange juice

- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon sugar

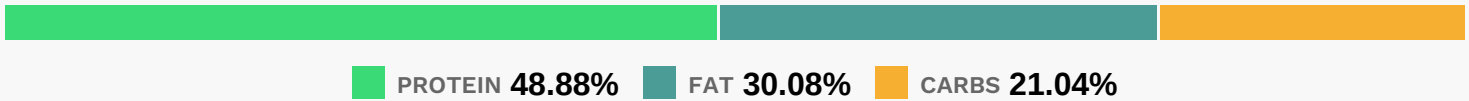
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine first 6 ingredients in a small saucepan; bring to a boil. Reduce heat to medium. Cook, uncovered, 10 minutes. Set aside.
- ☐ Place a 12-inch cast iron skillet over medium– high heat until very hot.
- ☐ Rub both sides of steaks with garlic halves.
- ☐ Spread mustard evenly over both sides of steaks.
- ☐ Sprinkle with Creole seasoning.
- ☐ Cook steaks 3 to 5 minutes on each side or to desired degree of doneness.
- ☐ Spoon sauce over steaks.

Nutrition Facts



Properties

Glycemic Index:82.52, Glycemic Load:5.16, Inflammation Score:–6, Nutrition Score:16.35913055876%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 220.55kcal (11.03%), Fat: 7.11g (10.93%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 10.3g (3.75%), Sugar: 8.09g (8.99%), Cholesterol: 72.57mg (24.19%), Sodium: 170.46mg (7.41%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.99g (51.97%), Selenium: 35.87µg (51.25%), Vitamin B6: 0.77mg (38.75%), Vitamin B3: 7.61mg (38.06%), Zinc: 4.65mg (31%), Vitamin C: 24.26mg (29.4%), Vitamin K: 28.55µg (27.19%), Phosphorus: 261.01mg (26.1%), Vitamin B12: 1.05µg (17.58%), Potassium: 575.66mg (16.45%), Iron: 2.4mg (13.35%), Vitamin A: 626.67IU (12.53%), Vitamin B2: 0.17mg (9.96%), Magnesium: 39.2mg (9.8%), Vitamin B1: 0.14mg (9.28%), Folate: 36.46µg (9.12%), Vitamin B5: 0.84mg (8.43%), Manganese: 0.15mg (7.69%), Copper: 0.13mg (6.69%), Calcium: 51.16mg (5.12%), Vitamin E: 0.75mg (4.98%), Fiber: 0.88g (3.53%)