

 1%
HEALTH SCORE

Easy Barbeque Beef Tenderloin Steak

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 frangelico ()
- 2 cloves garlic crushed
- 1 teaspoon goat meat
- 1 tablespoon olive oil

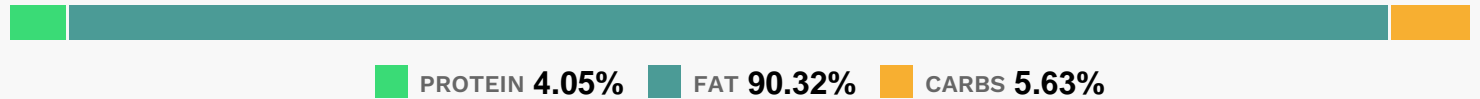
Equipment

- grill

Directions

- Rub meat with olive oil and crushed garlic.
- Sprinkle with tenderizer. Cover, and refrigerate for 30 minutes.
- Preheat grill for medium high heat.
- Brush grate with oil, and place steaks on the grill. Cook for 5 to 7 minutes per side, or until done.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:1.135217393708%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 69.16kcal (3.46%), Fat: 7.08g (10.89%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 0.99g (0.33%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.03g (0.03%), Cholesterol: 1.58mg (0.53%), Sodium: 3.51mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.43%), Vitamin E: 1.02mg (6.77%), Vitamin K: 4.27µg (4.07%), Vitamin B6: 0.06mg (2.78%), Manganese: 0.05mg (2.53%), Selenium: 1.21µg (1.74%), Vitamin B3: 0.28mg (1.39%), Vitamin C: 0.97mg (1.17%)