



 **56%**  
HEALTH SCORE

## Fork Steak

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



798 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 servings balsamic vinegar for drizzling
- 4 servings pepper black freshly ground
- 6 button mushrooms
- 0.3 cup garlic chopped
- 12 ounce beer light canned (not beer)
- 4 servings olive oil extra-virgin for drizzling
- 2 bell peppers red chopped
- 40 ounce eye steaks

1 teaspoon lawry's seasoned salt such as lawry's

1 medium onion yellow chopped

## Equipment

oven

baking pan

## Directions

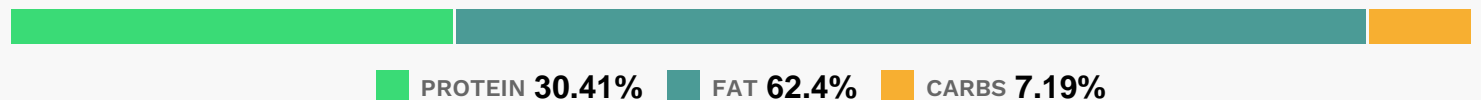
Preheat the oven to 400 degrees F.

Spread the chopped onions in the bottom of a large baking dish and drizzle with olive oil. Rub the steaks with the seasoned salt, pepper and garlic and place on top of the onions in a single layer.

Drizzle the steaks with olive oil and balsamic vinegar.

Pour the beer over the steaks and tuck the mushrooms and peppers around the steaks. Roast the steaks in the oven for 30 to 45 minutes. This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

## Nutrition Facts



## Properties

Glycemic Index:50.75, Glycemic Load:3.7, Inflammation Score:-9, Nutrition Score:38.367391275323%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

## Nutrients (% of daily need)

Calories: 798.16kcal (39.91%), Fat: 54.44g (83.75%), Saturated Fat: 19.83g (123.97%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 11.91g (4.33%), Sugar: 6.81g (7.57%), Cholesterol: 172.93mg (57.64%), Sodium: 742.59mg

(32.29%), Alcohol: 2.64g (100%), Alcohol %: 0.64% (100%), Protein: 59.69g (119.38%), Selenium: 73.71µg (105.3%), Zinc: 15.02mg (100.12%), Vitamin C: 81.48mg (98.76%), Vitamin B3: 15.97mg (79.85%), Vitamin B12: 4.74µg (78.92%), Vitamin B6: 1.5mg (75.15%), Vitamin B2: 0.88mg (51.67%), Phosphorus: 483.89mg (48.39%), Vitamin A: 1907.33IU (38.15%), Iron: 5.72mg (31.77%), Potassium: 1092.32mg (31.21%), Vitamin B1: 0.34mg (22.66%), Magnesium: 80.61mg (20.15%), Vitamin E: 2.97mg (19.82%), Copper: 0.37mg (18.69%), Vitamin K: 16.01µg (15.25%), Manganese: 0.3mg (14.93%), Folate: 51.57µg (12.89%), Fiber: 2.22g (8.88%), Vitamin B5: 0.75mg (7.49%), Calcium: 55.28mg (5.53%), Vitamin D: 0.34µg (2.29%)