



Garlic-Herb Steaks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon rosemary fresh minced
- ☐ 0.3 cup garlic minced
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt

Equipment

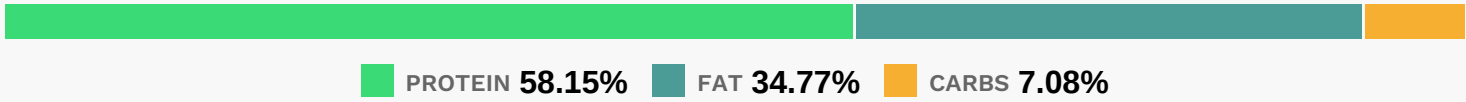
- ☐ frying pan

☐ oven

Directions

- ☐ Sprinkle steaks with salt and pepper; coat with garlic, parsley, and rosemary. Chill 1 hour.
- ☐ Cook steaks in an ovenproof nonstick skillet coated with vegetable cooking spray over medium-high heat 4 minutes on each side.
- ☐ Bake at 350 for 10 minutes or to desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.83, Inflammation Score:-4, Nutrition Score:14.302608743958%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 182.18kcal (9.11%), Fat: 6.82g (10.49%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.78g (1.01%), Sugar: 0.1g (0.11%), Cholesterol: 72.57mg (24.19%), Sodium: 210.43mg (9.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.29%), Selenium: 35.8µg (51.15%), Vitamin B6: 0.81mg (40.73%), Vitamin B3: 7.36mg (36.79%), Vitamin K: 34.51µg (32.87%), Zinc: 4.63mg (30.86%), Phosphorus: 251.69mg (25.17%), Vitamin B12: 1.05µg (17.58%), Potassium: 451.63mg (12.9%), Iron: 2.13mg (11.83%), Manganese: 0.18mg (8.95%), Vitamin B2: 0.15mg (8.59%), Vitamin B5: 0.8mg (7.99%), Magnesium: 29.88mg (7.47%), Vitamin B1: 0.1mg (6.86%), Vitamin C: 5.42mg (6.57%), Copper: 0.12mg (5.89%), Folate: 18.6µg (4.65%), Calcium: 45.32mg (4.53%), Vitamin A: 184.55IU (3.69%), Vitamin E: 0.37mg (2.5%), Fiber: 0.35g (1.39%)