



Grass Fed Beef with Herbs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



100 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings coarse salt
- ☐ 1 pound frangelico
- ☐ 3 sprigs flat parsley
- ☐ 2 cloves garlic
- ☐ 3 tablespoons olive oil
- ☐ 3 sprigs oregano
- ☐ 1 teaspoon salt

☐ 3 sprigs thyme leaves

Equipment

☐ food processor

☐ frying pan

☐ oven

Directions

☐ Blend all ingredients except beef and coarse salt in a food processor. Rub on meat; marinate 2 hours at room temperature or overnight in the refrigerator, turning meat once or twice.

☐ Heat oven to 400°F.

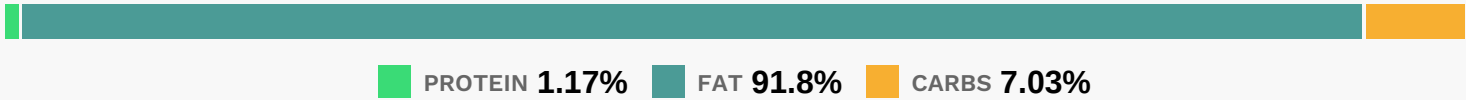
☐ Heat a medium cast-iron pan over medium heat. Sear meat on all sides until it has a brown crust.

☐ Transfer pan to oven; roast meat until internal temperature is 120°F, 15 to 25 minutes.

☐ Remove; let meat rest 20 minutes (internal temperature will rise to 130°F). Slice, sprinkle with coarse salt and serve with Yellow and Green Bean Salad.

☐ Self

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.21, Inflammation Score:-9, Nutrition Score:3.1513043162615%

Flavonoids

Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 100.31kcal (5.02%), Fat: 10.59g (16.3%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1g (0.36%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 776.51mg (33.76%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.3g (0.61%), Vitamin K: 28.14µg (26.8%), Vitamin E: 1.79mg (11.96%), Manganese: 0.13mg (6.44%), Iron: 0.83mg (4.61%), Fiber: 0.82g (3.3%), Vitamin C: 2.7mg (3.27%), Calcium: 31.77mg (3.18%), Vitamin A: 125.01IU (2.5%), Vitamin B6: 0.04mg (1.89%), Magnesium: 6.19mg (1.55%), Folate: 5.09µg (1.27%), Copper: 0.02mg (1.06%), Potassium: 35.23mg (1.01%)