



Grilled Greek-Style Steak (Cooking for 2)

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb beef top sirloin steaks boneless cut into 2 pieces
- ☐ 1 oz feta cheese crumbled
- ☐ 1 teaspoon garlic finely chopped
- ☐ 0.3 teaspoon lemon pepper
- ☐ 1 tablespoon olives ripe chopped
- ☐ 0.3 cup pkt spinach fresh packed chopped

Equipment

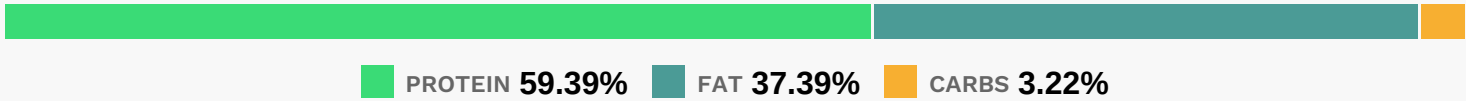
- ☐ bowl

☐ grill

Directions

- ☐ Heat gas or charcoal grill. Rub both sides of each piece of beef with garlic; sprinkle with lemon-pepper seasoning.
- ☐ Cover and grill beef over medium heat 9 to 11 minutes, turning once, until beef is of desired doneness.
- ☐ In small bowl, mix remaining ingredients. Spoon over beef.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:14.906086973522%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 191.1kcal (9.56%), Fat: 7.7g (11.85%), Saturated Fat: 3.46g (21.6%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.05g (0.06%), Cholesterol: 79.52mg (26.51%), Sodium: 290.76mg (12.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.54g (55.07%), Selenium: 37.35µg (53.36%), Vitamin B6: 0.8mg (40.01%), Vitamin B3: 7.53mg (37.63%), Zinc: 4.99mg (33.24%), Phosphorus: 291.73mg (29.17%), Vitamin B12: 1.31µg (21.76%), Vitamin K: 20.11µg (19.15%), Vitamin B2: 0.27mg (15.6%), Potassium: 445.56mg (12.73%), Iron: 2.09mg (11.6%), Calcium: 104.44mg (10.44%), Vitamin B5: 0.89mg (8.94%), Vitamin A: 428.68IU (8.57%), Magnesium: 32.98mg (8.24%), Vitamin B1: 0.11mg (7.59%), Folate: 26.76µg (6.69%), Copper: 0.11mg (5.47%), Manganese: 0.11mg (5.35%), Vitamin E: 0.58mg (3.84%), Vitamin C: 1.52mg (1.84%), Fiber: 0.31g (1.24%)