



Grilled Herb-Crusted Top Loin Steaks

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



2

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef strip steaks boneless
- 1 tablespoon parsley fresh chopped
- 2 cloves garlic finely chopped
- 1 tablespoon vegetable oil

Equipment

- bowl
- grill

Directions

- Mix all ingredients except beef in small bowl. Rub and press mixture into all surfaces of beef. Cover and refrigerate at least 2 hours but no longer than 24 hours.
- Heat coals or gas grill for direct heat. Grill beef uncovered 4 to 5 inches from medium heat 1 minute on each side to seal in juices. Cover and grill 6 to 10 minutes longer for medium doneness, turning once.

Nutrition Facts

PROTEIN 28.54% **FAT 70.5%** **CARBS 0.96%**

Properties

Glycemic Index:15, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:21.255217220472%

Flavonoids

Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg 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, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 632.22kcal (31.61%), Fat: 48.74g (74.98%), Saturated Fat: 17.95g (112.2%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.1g (0.11%), Cholesterol: 195.04mg (65.01%), Sodium: 118.43mg (5.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.39g (88.78%), Selenium: 51.82µg (74.03%), Vitamin B6: 1.26mg (62.98%), Vitamin B3: 11.86mg (59.3%), Zinc: 7.62mg (50.79%), Phosphorus: 421.72mg (42.17%), Vitamin B12: 2.09µg (34.78%), Vitamin K: 29.78µg (28.36%), Potassium: 719.25mg (20.55%), Iron: 3.49mg (19.41%), Vitamin B2: 0.27mg (15.6%), Vitamin B5: 1.27mg (12.74%), Magnesium: 50.11mg (12.53%), Vitamin B1: 0.16mg (10.96%), Vitamin E: 1.58mg (10.52%), Copper: 0.17mg (8.55%), Manganese: 0.17mg (8.43%), Calcium: 66.73mg (6.67%), Folate: 24.57µg (6.14%), Vitamin C: 2.19mg (2.65%), Fiber: 0.33g (1.32%)