



Grilled Herb-Crusted Top Loin Steaks

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

READY IN



5 min.

SERVINGS



2

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1 tablespoon oregano dried fresh chopped
- 1 tablespoon thyme leaves dried fresh chopped
- 1 tablespoon parsley fresh chopped
- 2 cloves garlic finely chopped
- 1 pound pork loin chops boneless

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 47.35%**  **FAT 48.77%**  **CARBS 3.88%**

Properties

Glycemic Index:40, Glycemic Load:0.48, Inflammation Score:-10, Nutrition Score:30.350435049638%

Flavonoids

Apigenin: 45.12mg, Apigenin: 45.12mg, Apigenin: 45.12mg, Apigenin: 45.12mg Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg 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: 429.2kcal (21.46%), Fat: 22.78g (35.04%), Saturated Fat: 6.67g (41.66%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 2.2g (0.8%), Sugar: 0.2g (0.23%), Cholesterol: 151.95mg (50.65%), Sodium: 114.83mg (4.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.75g (99.5%), Selenium: 75.75µg (108.21%), Vitamin B1: 1.53mg (101.79%), Vitamin B3: 18.42mg (92.08%), Vitamin B6: 1.73mg (86.55%), Phosphorus: 528.92mg (52.89%), Vitamin K: 41.69µg (39.71%), Vitamin B2: 0.48mg (28.02%), Potassium: 937.62mg (26.79%), Zinc: 3.74mg (24.9%), Vitamin B12: 1.2µg (20.03%), Magnesium: 76.07mg (19.02%), Manganese: 0.35mg (17.45%), Vitamin B5: 1.71mg (17.15%), Iron: 2.94mg (16.32%), Vitamin C: 7.85mg (9.51%), Vitamin E: 1.4mg (9.33%), Copper: 0.18mg (8.95%), Calcium: 86.81mg (8.68%), Fiber: 1.88g (7.53%), Vitamin D: 0.91µg (6.05%), Vitamin A: 237.54IU (4.75%), Folate: 9.39µg (2.35%)