



Grilled Herb Steaks

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup dijon mustard
- 2 teaspoons rosemary dried fresh crushed chopped
- 1 teaspoon pepper
- 2 cloves garlic finely chopped
- 1 lb pork loin chops boneless

Equipment

- bowl
- grill

Directions

- In small bowl, mix mustard, rosemary, pepper and garlic. Cover and let stand 30 minutes if desired.
- Heat gas or charcoal grill.
- Spread mustard mixture on both sides of beef.
- Carefully brush grill rack with vegetable oil.
- Place beef on grill over medium heat. Cook uncovered 1 minute on each side to seal in juices. Cover grill; cook 8 to 9 minutes longer for medium doneness, turning once.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:14.245217491751%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 188.92kcal (9.45%), Fat: 8.43g (12.96%), Saturated Fat: 2.83g (17.68%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.24g (0.27%), Cholesterol: 75.98mg (25.33%), Sodium: 226mg (9.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.25g (50.5%), Selenium: 43.07µg (61.52%), Vitamin B1: 0.79mg (52.64%), Vitamin B3: 9.16mg (45.81%), Vitamin B6: 0.85mg (42.75%), Phosphorus: 276.21mg (27.62%), Potassium: 459.46mg (13.13%), Vitamin B2: 0.22mg (13.11%), Zinc: 1.88mg (12.55%), Vitamin B12: 0.6µg (10.02%), Magnesium: 38.29mg (9.57%), Vitamin B5: 0.89mg (8.87%), Manganese: 0.16mg (8.13%), Iron: 0.9mg (5.02%), Copper: 0.09mg (4.32%), Fiber: 0.85g (3.39%), Vitamin D: 0.45µg (3.02%), Calcium: 23.31mg (2.33%), Vitamin E: 0.21mg (1.39%), Vitamin K: 1.08µg (1.03%)