

## Grilled Herb Steaks

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb beef strip steaks boneless
- 0.3 cup dijon mustard
- 2 cloves garlic finely chopped
- 1 teaspoon pepper

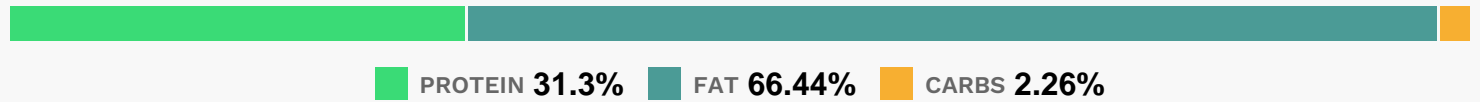
### Equipment

- 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:23.5, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:11.05739121463%

## 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: 295.34kcal (14.77%), Fat: 21.48g (33.05%), Saturated Fat: 8.5g (53.11%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 0.81g (0.3%), Sugar: 0.24g (0.27%), Cholesterol: 97.52mg (32.51%), Sodium: 228.24mg (9.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.77g (45.55%), Selenium: 31.16µg (44.51%), Vitamin B6: 0.64mg (31.87%), Vitamin B3: 5.97mg (29.87%), Zinc: 3.89mg (25.92%), Phosphorus: 226.28mg (22.63%), Vitamin B12: 1.04µg (17.39%), Potassium: 376.2mg (10.75%), Iron: 1.93mg (10.73%), Manganese: 0.16mg (8.2%), Magnesium: 31.38mg (7.84%), Vitamin B2: 0.13mg (7.76%), Vitamin B1: 0.11mg (7.41%), Vitamin B5: 0.69mg (6.85%), Copper: 0.1mg (4.99%), Calcium: 39.68mg (3.97%), Vitamin E: 0.53mg (3.51%), Fiber: 0.83g (3.31%), Folate: 12.56µg (3.14%), Vitamin K: 2.89µg (2.75%)