



## Grilled Pepper Steak With Bell Pepper Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup balsamic vinegar
- 16 ounce beef tenderloin steaks ( )
- 0.3 teaspoon pepper black
- 1 teaspoon thyme leaves dried
- 4 teaspoons coarsely ground pepper
- 2 tablespoons blackstrap molasses
- 8 ounces bell pepper red seeded quartered
- 0.3 teaspoon salt

- 3 large shallots peeled halved lengthwise
- 1 teaspoon vegetable oil
- 8 ounces bell pepper yellow seeded quartered

## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- ziploc bags
- grill pan

## Directions

- Combine first 10 ingredients in a large zip-top plastic bag. Seal and marinate in refrigerator 30 minutes.
- Remove steaks and vegetables from bag, reserving marinade.
- Place reserved marinade in a small saucepan; bring to a boil. Cook until reduced to 3 tablespoons (about 2 minutes).
- Place a grill pan coated with cooking spray over medium-high heat until hot.
- Add shallots and bell peppers; cook 3 minutes on each side or until crisp-tender. Chop shallots and bell peppers; place in a small bowl. Stir in reduced marinade; set aside.
- Press 1 teaspoon coarsely ground pepper onto 1 side of each steak. Wipe pan clean with paper towels; recoat with cooking spray.
- Place pan over medium-high heat until hot.
- Add steaks, peppered sides down; cook 3 minutes on each side or until desired degree of doneness.
- Add bell pepper salsa; cook until thoroughly heated.
- Garnish with thyme sprigs, if desired.

## Nutrition Facts



■ PROTEIN 39.48% ■ FAT 27.2% ■ CARBS 33.32%

## Properties

Glycemic Index:55, Glycemic Load:6.84, Inflammation Score:-9, Nutrition Score:24.833913098211%

## Flavonoids

Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 275.05kcal (13.75%), Fat: 8.26g (12.7%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 22.76g (7.59%), Net Carbohydrates: 19.83g (7.21%), Sugar: 14.52g (16.14%), Cholesterol: 72.57mg (24.19%), Sodium: 222.51mg (9.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.96g (53.92%), Vitamin C: 178.24mg (216.05%), Vitamin B6: 1.1mg (55.24%), Selenium: 36.93µg (52.76%), Vitamin B3: 8.49mg (42.47%), Vitamin A: 1910.52IU (38.21%), Manganese: 0.67mg (33.45%), Zinc: 4.9mg (32.68%), Phosphorus: 287.6mg (28.76%), Potassium: 904mg (25.83%), Iron: 3.69mg (20.48%), Magnesium: 74.56mg (18.64%), Vitamin B12: 1.05µg (17.58%), Folate: 62.99µg (15.75%), Vitamin K: 14.12µg (13.45%), Copper: 0.26mg (12.89%), Vitamin B2: 0.2mg (12.06%), Vitamin B5: 1.17mg (11.74%), Fiber: 2.93g (11.72%), Vitamin B1: 0.15mg (9.96%), Vitamin E: 1.39mg (9.25%), Calcium: 82.56mg (8.26%)