



Grilled Rosemary Steak

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

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce beef tenderloin steaks trimmed ()
- 1 teaspoon pepper black freshly ground
- 1 teaspoon olive oil extravirgin
- 1 tablespoon rosemary fresh finely chopped
- 2 garlic cloves minced
- 0.3 teaspoon kosher salt
- 1 teaspoon lemon rind grated

Equipment

bowl

grill

Directions

Combine rosemary, lemon rind, pepper, olive oil, salt, and garlic in a small bowl. Rub rosemary mixture evenly over steaks; cover. Refrigerate 1 hour.

Prepare grill.

Place steaks on a grill rack coated with cooking spray; grill 5 minutes on each side or until desired degree of doneness.

Nutrition Facts


PROTEIN 57.65% **FAT 40.06%** **CARBS 2.29%**

Properties

Glycemic Index:15.5, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:11.824347836816%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 181.05kcal (9.05%), Fat: 7.78g (11.97%), Saturated Fat: 2.65g (16.53%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.04g (0.04%), Cholesterol: 72.57mg (24.19%), Sodium: 208.25mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.37%), Selenium: 34.83µg (49.75%), Vitamin B3: 7.29mg (36.45%), Vitamin B6: 0.73mg (36.4%), Zinc: 4.53mg (30.21%), Phosphorus: 240.48mg (24.05%), Vitamin B12: 1.05µg (17.58%), Potassium: 418.27mg (11.95%), Iron: 1.93mg (10.74%), Vitamin B2: 0.14mg (8.09%), Vitamin B5: 0.76mg (7.56%), Magnesium: 27.85mg (6.96%), Vitamin B1: 0.09mg (5.86%), Manganese: 0.11mg (5.32%), Copper: 0.1mg (4.97%), Folate: 15.48µg (3.87%), Vitamin E: 0.5mg (3.35%), Calcium: 32.23mg (3.22%), Vitamin K: 2.81µg (2.67%), Vitamin C: 1.22mg (1.48%), Fiber: 0.28g (1.13%)