



Grilled Sirloin with Bearnaise Butter

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter softened
- 1 tablespoon spring onion finely chopped
- 0.1 teaspoon tarragon dried
- 1.5 lb beef top sirloin steaks boneless thick ()
- 1 tablespoon olive oil
- 1 teaspoon pepper black red
- 0.3 teaspoon salt

Equipment

- bowl
- plastic wrap
- grill

Directions

- Heat grill. In small bowl, combine all butter ingredients; mix well.
- Place butter mixture on sheet of plastic wrap; shape into log. Wrap; refrigerate while preparing steak.
- When ready to grill, carefully oil grill rack. Rub both sides of steak with olive oil; sprinkle with pepper blend and salt.
- Place steak on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium-high coals. Cook 8 to 12 minutes or until of desired doneness, turning once or twice.
- To serve, cut steak into serving-sized pieces. Top each serving with bearnaise butter.

Nutrition Facts

PROTEIN 44.33% **FAT 55.12%** **CARBS 0.55%**

Properties

Glycemic Index:46, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:18.128260760204%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 350.61kcal (17.53%), Fat: 21.05g (32.39%), Saturated Fat: 10.01g (62.54%), Carbohydrates: 0.47g (0.16%), Net Carbohydrates: 0.3g (0.11%), Sugar: 0.05g (0.05%), Cholesterol: 130.86mg (43.62%), Sodium: 332.27mg (14.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.09g (76.19%), Selenium: 52.57µg (75.1%), Vitamin B3: 11.03mg (55.14%), Vitamin B6: 1.07mg (53.63%), Zinc: 6.83mg (45.54%), Phosphorus: 363.85mg (36.39%), Vitamin B12: 1.62µg (27.05%), Potassium: 623.39mg (17.81%), Iron: 2.85mg (15.85%), Vitamin B2: 0.21mg (12.46%), Vitamin B5: 1.14mg (11.36%), Magnesium: 40.78mg (10.2%), Vitamin E: 1.32mg (8.82%), Vitamin B1: 0.13mg (8.65%), Vitamin K: 8.89µg (8.47%), Vitamin A: 374.86IU (7.5%), Copper: 0.14mg (6.97%), Folate: 23.75µg (5.94%), Manganese: 0.09mg (4.51%), Calcium: 44.96mg (4.5%)