



Grilled Steak and Radishes with Black Pepper Butter



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black plus more
- ☐ 0.5 teaspoon kosher salt plus more
- ☐ 6 servings lemon wedges (for serving)
- ☐ 1 bunch radishes with greens, halved
- ☐ 6 servings sea salt (such as Maldon)
- ☐ 1.5 pounds skirt steak
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

☐ 1 tablespoon vegetable oil plus more for grill

Equipment

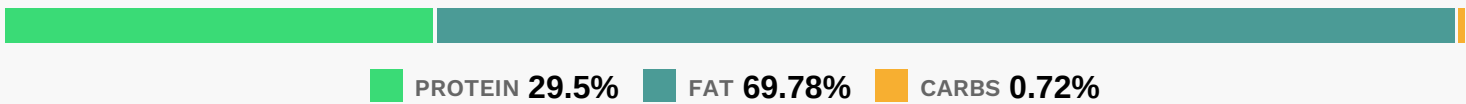
☐ bowl

☐ grill

Directions

- ☐ Prepare grill for medium-high heat; lightly oil grill grate.
- ☐ Mix butter, 1 teaspoon pepper, and 1/2 teaspoon kosher salt in a small bowl; set aside.
- ☐ Season steak with kosher salt and pepper. Grill, turning occasionally, 7-10 minutes for medium-rare.
- ☐ Let rest 5 minutes, then top with pepper butter.
- ☐ Meanwhile, combine radishes and remaining 1 tablespoon oil in a medium bowl; season with kosher salt and pepper and toss to coat. Grill radishes until crisp tender, about 2 minutes per side.
- ☐ Season steak with sea salt, slice, and serve with radishes and lemon wedges.
- ☐ Per serving: 210 calories, 19 g fat, 0 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:13.350434655729%

Flavonoids

Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 331.63kcal (16.58%), Fat: 26.03g (40.05%), Saturated Fat: 13.21g (82.54%), Carbohydrates: 0.6g (0.2%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0.19g (0.21%), Cholesterol: 112.11mg (37.37%), Sodium: 467.84mg (20.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.77g (49.54%), Zinc: 7.35mg (48.99%), Vitamin B12: 2.45µg (40.79%), Selenium: 25.21µg (36.01%), Vitamin B3: 6.47mg (32.35%), Vitamin B6: 0.5mg (25.08%), Vitamin B2: 0.37mg (21.96%), Phosphorus: 181.53mg (18.15%), Iron: 2.07mg (11.5%), Potassium: 360.97mg (10.31%), Vitamin A: 484.43IU (9.69%), Vitamin K: 7.85µg (7.47%), Manganese: 0.14mg (7.22%), Vitamin B5: 0.7mg (6.99%), Magnesium: 26.82mg (6.7%), Copper: 0.11mg (5.32%), Vitamin E: 0.74mg (4.95%), Vitamin B1: 0.07mg (4.72%), Vitamin D: 0.4µg (2.65%), Vitamin C: 1.76mg (2.14%), Folate: 6.22µg (1.55%), Calcium: 15.4mg (1.54%)