



Grilled Steak and Vegetables With Lemon-Herb Butter

READY IN



35 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barbecue sauce
- ☐ 1.5 pounds beef sirloin steak
- ☐ 1 tablespoon chili powder
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1 large onion red sliced into 1/2-inch-thick rings
- ☐ 2 tablespoons butter unsalted at room temperature

- ☐ 2 teaspoons worcestershire sauce
- ☐ 2 large baby squash yellow

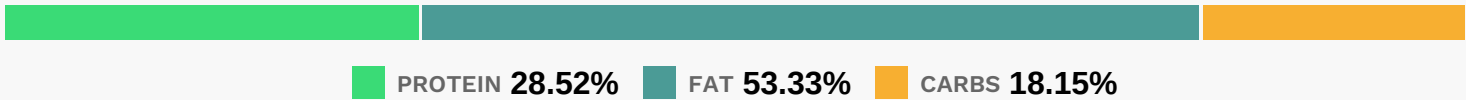
Equipment

- ☐ bowl
- ☐ grill
- ☐ cutting board

Directions

- ☐ Preheat a grill to medium high.
- ☐ Combine the steak, red onion and zucchini in a large bowl.
- ☐ Add the barbecue sauce, chili powder, Worcestershire sauce, 1/2 teaspoon salt, and pepper to taste; toss to coat.
- ☐ Let stand 5 minutes. Meanwhile, mash the butter with the parsley, lemon zest and a pinch of salt in a small bowl; set aside.
- ☐ Transfer the steak to the grill and cook 4 to 5 minutes per side for medium rare; remove to a cutting board and let rest.
- ☐ Add the vegetables to the grill and cook, turning occasionally, until crisp-tender and charred in spots, about 8 minutes.
- ☐ Cut the steak into 4 pieces. Top each piece with some of the lemon-herb butter.
- ☐ Serve with the grilled vegetables.
- ☐ Photograph by Justin Walker

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.75, Inflammation Score:-8, Nutrition Score:27.090435305367%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 534.92kcal (26.75%), Fat: 31.73g (48.82%), Saturated Fat: 13.97g (87.31%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 20.95g (7.62%), Sugar: 17.06g (18.96%), Cholesterol: 110.3mg (36.77%), Sodium: 731.9mg (31.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.19g (76.37%), Vitamin B12: 4.74µg (79.01%), Vitamin B6: 1.1mg (55.13%), Selenium: 29.49µg (42.13%), Zinc: 6.28mg (41.84%), Vitamin C: 33.09mg (40.11%), Vitamin K: 41.03µg (39.08%), Phosphorus: 383.13mg (38.31%), Vitamin B3: 7.49mg (37.45%), Vitamin B2: 0.59mg (34.72%), Potassium: 1148.02mg (32.8%), Iron: 4.9mg (27.25%), Vitamin A: 1342.53IU (26.85%), Manganese: 0.42mg (21.16%), Vitamin B1: 0.28mg (18.52%), Magnesium: 73.42mg (18.36%), Folate: 67.06µg (16.77%), Copper: 0.28mg (14.18%), Fiber: 3.35g (13.42%), Vitamin E: 1.43mg (9.52%), Vitamin B5: 0.9mg (9.04%), Calcium: 67.26mg (6.73%)