



Grilled Steak with Balsamic Peppers



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 16 ounce beef tenderloin steaks trimmed
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 small bell pepper green halved seeded
- ☐ 1 teaspoon olive oil
- ☐ 1 medium onion cut into 1/4-inch rings

- ☐ 1 small bell pepper red halved seeded
- ☐ 0.5 teaspoon salt
- ☐ 1 small bell pepper yellow halved seeded

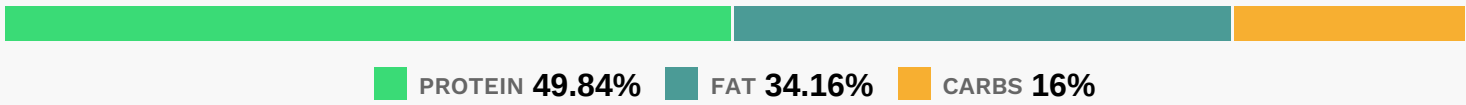
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Place bell peppers and onion on grill rack coated with cooking spray, and grill 10 to 12 minutes or until tender. Slice bell peppers into 1/4-inchthick strips, and cut onion rings in half.
- ☐ Place in a medium bowl, and toss with rosemary and next 3 ingredients; set aside.
- ☐ Sprinkle steaks evenly with salt and black pepper. Grill 5 minutes on each side or until desired degree of doneness.
- ☐ Serve vegetable mixture with steaks.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:1.99, Inflammation Score:-7, Nutrition Score:18.474782653477%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 214.45kcal (10.72%), Fat: 7.92g (12.19%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 6.83g (2.48%), Sugar: 4.19g (4.66%), Cholesterol: 72.57mg (24.19%), Sodium: 358.93mg (15.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.01g (52.01%), Vitamin C: 74.88mg (90.76%), Selenium:

34.92µg (49.89%), Vitamin B6: 0.88mg (43.84%), Vitamin B3: 7.75mg (38.74%), Zinc: 4.68mg (31.19%), Phosphorus: 262.28mg (26.23%), Vitamin B12: 1.05µg (17.58%), Potassium: 577.05mg (16.49%), Vitamin A: 701.97IU (14.04%), Iron: 2.28mg (12.65%), Vitamin B2: 0.17mg (9.94%), Manganese: 0.19mg (9.73%), Magnesium: 37.85mg (9.46%), Folate: 35.77µg (8.94%), Vitamin B5: 0.89mg (8.9%), Vitamin B1: 0.12mg (8.29%), Copper: 0.14mg (7.21%), Fiber: 1.52g (6.07%), Vitamin E: 0.87mg (5.78%), Vitamin K: 4.97µg (4.74%), Calcium: 44.49mg (4.45%)