



Grilled Steak with Caper-Herb Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup basil
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 fillet oil-packed anchovies canned chopped
- ☐ 1 tablespoon capers
- ☐ 2 tablespoons fat-skimmed beef broth fat-free
- ☐ 1 cup flat parsley
- ☐ 1 garlic clove chopped
- ☐ 2 tablespoons spring onion thinly sliced

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 1 pound sirloin steak boneless

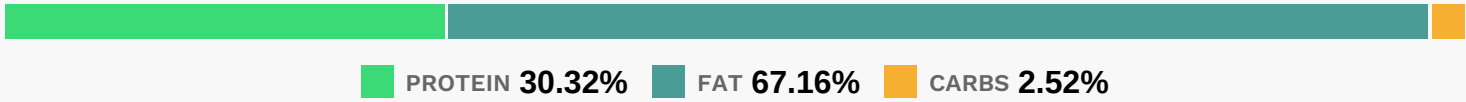
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Sprinkle steak with salt and pepper.
- ☐ Place steak on a grill rack coated with cooking spray; grill 6 minutes on each side.
- ☐ Let stand 10 minutes.
- ☐ Combine parsley and remaining ingredients in a food processor; process until blended.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Serve with sauce.
- ☐ Grilled garlic bread: Grill 4 slices French bread 2 minutes on each side or until browned.
- ☐ Brush each slice with 1 teaspoon olive oil; rub with halved garlic clove.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:0.32, Inflammation Score:-8, Nutrition Score:19.299565078043%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg

2.89mg, Kaempferol: 2.89mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg
Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 324.9kcal (16.25%), Fat: 24.04g (36.98%), Saturated Fat: 7.82g (48.87%), Carbohydrates: 2.02g (0.67%),
Net Carbohydrates: 1.23g (0.45%), Sugar: 0.34g (0.37%), Cholesterol: 63.72mg (21.24%), Sodium: 310.82mg
(13.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.84%), Vitamin K: 282.06µg (268.63%),
Vitamin B12: 3.17µg (52.82%), Vitamin A: 1613.85IU (32.28%), Vitamin C: 23.37mg (28.32%), Selenium: 19.24µg
(27.48%), Zinc: 3.97mg (26.44%), Vitamin B6: 0.47mg (23.45%), Vitamin B3: 4.5mg (22.48%), Phosphorus: 213.77mg
(21.38%), Iron: 3.57mg (19.82%), Vitamin B2: 0.23mg (13.68%), Potassium: 472.49mg (13.5%), Folate: 36.96µg
(9.24%), Magnesium: 36.16mg (9.04%), Vitamin B1: 0.13mg (8.91%), Vitamin E: 1.22mg (8.12%), Copper: 0.15mg
(7.59%), Manganese: 0.14mg (7.22%), Vitamin B5: 0.45mg (4.49%), Calcium: 44.26mg (4.43%), Fiber: 0.79g (3.17%)