



Grilled Steak with Onions and Scallions

 Gluten Free

READY IN



51 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baking potato peeled chopped
- ☐ 2 teaspoons butter
- ☐ 0.3 cup milk fat-free
- ☐ 4 green onions
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.5 teaspoon pepper divided
- ☐ 2 inch onion red
- ☐ 0.8 teaspoon salt divided

☐ 1 pound rump steak boneless

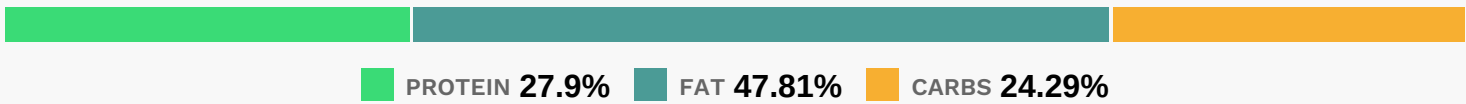
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Sprinkle the steak evenly with 3/8 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Sprinkle red onion with 1/8 teaspoon salt. Coat green onions with cooking spray.
- ☐ Place steak on grill rack coated with cooking spray; grill 3 minutes on each side or until desired degree of doneness.
- ☐ Let stand 10 minutes.
- ☐ Cut steak diagonally across grain into thin slices. Grill red onion 5 minutes on each side or until tender. Grill green onions 1 1/2 minutes on each side; cut into 3-inch pieces.
- ☐ Place potato in a saucepan; cover with cold water. Bring to a boil; cook 10 minutes or until tender.
- ☐ Drain. Return potato to pan; add 1/4 teaspoon salt, sour cream, milk, and butter. Mash to desired consistency.
- ☐ Garnish with 1/4 teaspoon pepper.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:16.69, Inflammation Score:-5, Nutrition Score:17.748260819394%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 397.24kcal (19.86%), Fat: 21g (32.31%), Saturated Fat: 9.41g (58.83%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 22.14g (8.05%), Sugar: 2.11g (2.35%), Cholesterol: 76.2mg (25.4%), Sodium: 545.31mg (23.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.57g (55.15%), Vitamin B12: 3.36µg (55.93%), Vitamin B6: 0.85mg (42.37%), Phosphorus: 300.94mg (30.09%), Selenium: 20.28µg (28.98%), Zinc: 4.29mg (28.61%), Vitamin B3: 5.4mg (26.98%), Potassium: 936.99mg (26.77%), Vitamin K: 27.57µg (26.25%), Iron: 3.48mg (19.31%), Vitamin B2: 0.3mg (17.8%), Vitamin B1: 0.23mg (15.54%), Magnesium: 56.14mg (14.04%), Manganese: 0.25mg (12.36%), Copper: 0.22mg (11.2%), Vitamin C: 8.99mg (10.89%), Calcium: 86.43mg (8.64%), Folate: 33.24µg (8.31%), Vitamin B5: 0.78mg (7.83%), Fiber: 1.87g (7.48%), Vitamin A: 289.16IU (5.78%), Vitamin D: 0.26µg (1.75%), Vitamin E: 0.2mg (1.3%)