



## Grilled Steak with Two Sauces

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



180 min.

SERVINGS



1

CALORIES



3172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb asparagus cooled steamed
- 2 lb beef sirloin steak boneless
- 1 cup chicken broth
- 0.3 tsp pepper red crushed
- 0.3 cup grey poupon dijon mustard divided
- 0.3 cup parsley fresh divided chopped
- 1 head garlic
- 1 Tbsp juice of lemon

- 0.8 cup real mayo mayonnaise kraft
- 0.3 cup olive oil divided
- 0.8 cup roasted peppers red chopped
- 0.5 cup sun-dried tomatoes chopped
- 2 medium tomatoes sliced

## Equipment

- bowl
- oven
- baking pan
- grill

## Directions

- Preheat oven to 350F.
- Remove papery outside from head of garlic; separate into cloves.
- Place in 8-inch square baking pan.
- Add 2 Tbsp. of the olive oil and the chicken broth.
- Bake 25 to 30 min. or until garlic is soft. Cool. Meanwhile, preheat grill to medium heat. Grill steak 8 to 10 min. on each side or until cooked through. Refrigerate until ready to use.
- Remove garlic pulp from skin; place in medium bowl.
- Add mayo, 1/4 cup of the mustard, the lemon juice and 2 Tbsp. of the parsley; mix well. Refrigerate at least 1 hour to allow flavors to blend.
- Mix roasted peppers, sun-dried tomatoes, remaining 2 Tbsp. mustard and remaining 2 Tbsp. parsley in medium bowl. Gradually add remaining 2 Tbsp. olive oil, stirring constantly until well blended.
- Add crushed red pepper; cover. Refrigerate at least 1 hour.
- Remove from refrigerator about 1 hour before serving; let stand at room temperature.
- Slice steak. Arrange on 8 serving plates along with the tomatoes and asparagus. Top with about 2 Tbsp. of each sauce.

## Nutrition Facts

PROTEIN 28.88% FAT 61.27% CARBS 9.85%

## Properties

Glycemic Index:244, Glycemic Load:15.7, Inflammation Score:-10, Nutrition Score:89.163913156675%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg Apigenin: 32.37mg, Apigenin: 32.37mg, Apigenin: 32.37mg, Apigenin: 32.37mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 25.85mg, Isorhamnetin: 25.85mg, Isorhamnetin: 25.85mg, Isorhamnetin: 25.85mg Kaempferol: 6.82mg, Kaempferol: 6.82mg, Kaempferol: 6.82mg, Kaempferol: 6.82mg Myricetin: 3mg, Myricetin: 3mg, Myricetin: 3mg, Myricetin: 3mg Quercetin: 65.42mg, Quercetin: 65.42mg, Quercetin: 65.42mg, Quercetin: 65.42mg

## Nutrients (% of daily need)

Calories: 3171.59kcal (158.58%), Fat: 217.73g (334.96%), Saturated Fat: 39.75g (248.42%), Carbohydrates: 78.75g (26.25%), Net Carbohydrates: 54.26g (19.73%), Sugar: 39.35g (43.72%), Cholesterol: 610.5mg (203.5%), Sodium: 4671.69mg (203.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 230.88g (461.75%), Vitamin K: 796.04µg (758.14%), Selenium: 323.26µg (461.8%), Vitamin B3: 71.47mg (357.33%), Vitamin B6: 7.11mg (355.53%), Zinc: 41.77mg (278.45%), Phosphorus: 2592.02mg (259.2%), Potassium: 7168.12mg (204.8%), Vitamin C: 164.23mg (199.07%), Iron: 34.13mg (189.61%), Vitamin A: 8078.41IU (161.57%), Manganese: 3.16mg (158.11%), Vitamin E: 22.95mg (152.97%), Vitamin B12: 8.78µg (146.27%), Copper: 2.85mg (142.26%), Vitamin B2: 2.34mg (137.62%), Vitamin B1: 1.99mg (132.95%), Folate: 484.44µg (121.11%), Magnesium: 467.52mg (116.88%), Fiber: 24.48g (97.92%), Vitamin B5: 9.33mg (93.3%), Calcium: 573.12mg (57.31%), Vitamin D: 0.34µg (2.24%)