



Grilled Steaks with Horseradish-Mustard Sauce



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons spicy brown mustard
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons worcestershire sauce
- ☐ 1 teaspoon honey
- ☐ 2 inch pork loin chops boneless (New York, Kansas City or strip steaks)
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon highest available proof grain spirit

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0.5 teaspoon lawry's seasoned salt

Equipment

☐

bowl

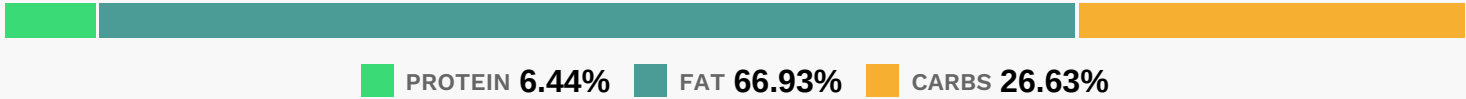
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grill

Directions

- ☐
- In small bowl, combine all sauce ingredients; mix well. Refrigerate while cooking steaks.
- ☐
- Heat closed contact grill for 5 minutes.
- ☐
- Meanwhile, brush steaks with oil.
- ☐
- Sprinkle both sides of each steak with garlic-pepper blend and seasoned salt.
- ☐
- When grill is heated, place steaks on bottom grill surface. Close grill; cook 3 to 5 minutes or until of desired doneness.
- ☐
- Serve sauce with steaks.

Nutrition Facts



Properties

Glycemic Index:43.07, Glycemic Load:1.27, Inflammation Score:-2, Nutrition Score:3.128260942176%

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 Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 50.23kcal (2.51%), Fat: 3.87g (5.95%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 3.46g (1.16%), Net Carbohydrates: 3g (1.09%), Sugar: 1.89g (2.1%), Cholesterol: 0.85mg (0.28%), Sodium: 414.14mg (18.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin K: 35.07µg (33.4%), Selenium: 3.04µg (4.34%), Vitamin C: 3.09mg (3.74%), Vitamin E: 0.56mg (3.73%), Vitamin A: 176.46IU (3.53%), Manganese: 0.05mg (2.65%), Iron: 0.46mg (2.57%), Phosphorus: 19.34mg (1.93%), Magnesium: 7.54mg (1.89%), Fiber: 0.47g (1.87%), Vitamin B1: 0.03mg (1.86%), Potassium: 57.33mg (1.64%), Vitamin B3: 0.28mg (1.38%), Folate: 5.01µg (1.25%), Zinc: 0.17mg

(1.15%), Calcium: 11.36mg (1.14%), Copper: 0.02mg (1.13%), Vitamin B6: 0.02mg (1.07%)