



Grilled Strip Steaks with Olive-Oregano Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 servings pepper black freshly ground to taste
- ☐ 0.3 cup olives black drained
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 2 teaspoons oregano fresh minced
- ☐ 2 tablespoons onion red finely chopped
- ☐ 2.8 inch beef rib steak boneless (strip) (each)

Equipment

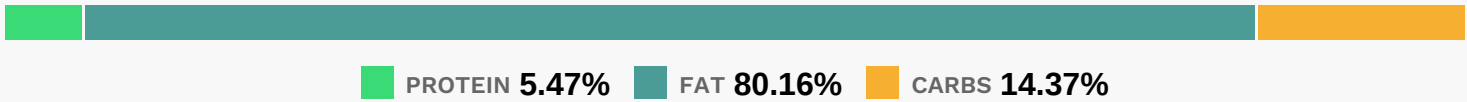
- ☐ bowl

- ☐ grill
- ☐ grill pan

Directions

- ☐ Prepare grill.
- ☐ Pit olives and coarsely chop. In a bowl stir together olives, onion, oregano, oil, pepper, and salt to taste. Pat steaks dry and season with salt and pepper. Grill steaks on an oiled rack set 5 to 6 inches over glowing coals about 4 minutes on each side for medium-rare. (Alternatively, grill steaks in a hot oiled well-seasoned ridged grill pan over moderately high heat.)
- ☐ Serve steaks topped with relish.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:3.2478261338952%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 84.8kcal (4.24%), Fat: 8.04g (12.36%), Saturated Fat: 1.26g (7.91%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 1.45g (0.53%), Sugar: 0.63g (0.7%), Cholesterol: 2.13mg (0.71%), Sodium: 353.82mg (15.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Vitamin K: 15.41µg (14.68%), Vitamin E: 1.8mg (12.01%), Fiber: 1.79g (7.15%), Manganese: 0.13mg (6.27%), Iron: 0.96mg (5.33%), Calcium: 46.67mg (4.67%), Vitamin B6: 0.05mg (2.7%), Vitamin A: 123.72IU (2.47%), Magnesium: 9.78mg (2.44%), Copper: 0.05mg (2.38%), Folate: 7.44µg (1.86%), Zinc: 0.26mg (1.73%), Selenium: 1.2µg (1.71%), Potassium: 59.98mg (1.71%), Vitamin B3: 0.33mg (1.65%), Vitamin B2: 0.02mg (1.37%), Phosphorus: 11.95mg (1.19%), Vitamin B1: 0.02mg (1.07%)