



Grilled Tomato Pesto-Stuffed Steaks



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 beef tenderloin steaks thick
- 0.1 teaspoon pepper
- 0.3 cup pesto rosso

Equipment

- oven
- toothpicks
- grill
- broiler pan

Directions

- If pesto is not refrigerated, freeze 15 minutes to firm.
- Heat gas or charcoal grill.
- Make a horizontal cut into side of each steak, cutting to but not through opposite side and leaving about 1/2 inch uncut at each side, to form a pocket. Spoon firm pesto evenly into pockets. Secure openings with toothpicks.
- Sprinkle pepper over both sides of beef.
- Place beef on grill. Cover grill; cook over medium heat 5 to 10 minutes on each side for medium doneness (160F) or until desired doneness. Broiling Directions: Set oven control to broil.
- Place stuffed beef on rack in broiler pan. Broil with tops 4 to 6 inches from heat 9 minutes; turn. Broil 5 to 10 minutes longer for medium doneness or until desired doneness.

Nutrition Facts

PROTEIN 57.29% **FAT 39.26%** **CARBS 3.45%**

Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:22.627391714117%

Nutrients (% of daily need)

Calories: 367.91kcal (18.4%), Fat: 15.39g (23.67%), Saturated Fat: 5.45g (34.05%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.36g (0.86%), Sugar: 1.65g (1.84%), Cholesterol: 146.29mg (48.76%), Sodium: 314.24mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.52g (101.05%), Selenium: 68.93µg (98.48%), Vitamin B3: 14.48mg (72.41%), Vitamin B6: 1.41mg (70.3%), Zinc: 8.97mg (59.82%), Phosphorus: 472.44mg (47.24%), Vitamin B12: 2.1µg (35.03%), Potassium: 800.87mg (22.88%), Iron: 3.86mg (21.45%), Vitamin B2: 0.27mg (15.69%), Vitamin B5: 1.47mg (14.65%), Magnesium: 52.09mg (13.02%), Vitamin B1: 0.17mg (11.15%), Copper: 0.17mg (8.63%), Folate: 29.39µg (7.35%), Calcium: 70mg (7%), Vitamin E: 0.7mg (4.68%), Fiber: 0.68g (2.71%), Vitamin K: 2.81µg (2.68%), Vitamin A: 133.64IU (2.67%), Manganese: 0.03mg (1.64%)