



Herb-Rubbed Top Sirloin Steak with Peperonata

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons kosher salt
- 1 tablespoon thyme sprigs fresh chopped
- 8 servings olive oil extra virgin extra-virgin (for drizzling)
- 1 tablespoon oregano fresh chopped
- 1 tablespoon pepper black
- 2 small onion red halved sliced (12 ounces total)
- 0.3 teaspoon pepper dried red crushed

- 3 tablespoons red wine vinegar
- 2 tablespoons salt-packed capers rinsed drained
- 3 pound beef top sirloin steaks thick
- 2 pounds bell pepper mixed red yellow cut lengthwise into 1/2-inch-wide strips (4 large)

Equipment

- bowl
- pot
- grill
- cutting board

Directions

- Heat olive oil in heavy large pot over medium heat.
- Add onions; sauté until almost tender, about 6 minutes.
- Mix in bell peppers and crushed red pepper; sprinkle lightly with coarse kosher salt. Reduce heat to low, cover, and cook until peppers are tender and silky, stirring occasionally, about 35 minutes. Stir in red wine vinegar, capers, oregano, and thyme. Increase heat to medium; stir uncovered 3 minutes. Season peperonata to taste with coarse salt and pepper.
- Transfer peperonata to bowl and cool to room temperature. DO AHEAD Can be made 3 days ahead. Cover and refrigerate. Bring to room temperature before serving.
- Mix oregano, thyme, pepper, and salt in small bowl.
- Sprinkle evenly over both sides of steak.
- Place on large plate; cover and refrigerate at least 4 hours and up to 6 hours.
- Let stand at room temperature 1 hour before grilling. Prepare barbecue (medium-high heat).
- Drizzle both sides of steak lightly with olive oil. Grill steak to desired doneness, about 15 minutes per side for medium-rare, or 17 minutes per side for medium.
- Transfer steak to cutting board; let rest 5 minutes.
- Cut steak crosswise into 1/4 - to 1/3 -inch-thick slices.
- Arrange steak slices on platter; surround with peperonata and serve.

Nutrition Facts

PROTEIN 41.31% FAT 47.43% CARBS 11.26%

Properties

Glycemic Index:13.63, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:26.851304199385%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

Nutrients (% of daily need)

Calories: 390.24kcal (19.51%), Fat: 20.43g (31.43%), Saturated Fat: 4.23g (26.42%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 8.82g (3.21%), Sugar: 1.2g (1.33%), Cholesterol: 100.36mg (33.45%), Sodium: 818.04mg (35.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.03g (80.06%), Vitamin C: 211.56mg (256.44%), Selenium: 52.95µg (75.64%), Vitamin B6: 1.3mg (65.24%), Vitamin B3: 12.11mg (60.53%), Zinc: 7.09mg (47.27%), Phosphorus: 397.77mg (39.78%), Vitamin B12: 1.6µg (26.65%), Potassium: 914.61mg (26.13%), Iron: 3.89mg (21.62%), Vitamin E: 2.64mg (17.62%), Manganese: 0.33mg (16.68%), Magnesium: 60.18mg (15.04%), Vitamin K: 15.59µg (14.85%), Folate: 58.84µg (14.71%), Vitamin B2: 0.25mg (14.66%), Copper: 0.28mg (14.17%), Vitamin B5: 1.36mg (13.57%), Vitamin B1: 0.17mg (11.63%), Fiber: 2.09g (8.35%), Calcium: 74.02mg (7.4%), Vitamin A: 302.18IU (6.04%)