



Hot and Spicy London Broil



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounce cherry peppers with juice hot
- ☐ 1 pinch garlic salt
- ☐ 1 pinch ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 2 pounds top round
- ☐ 0.5 cup water

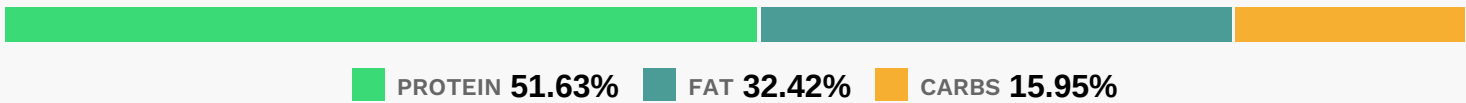
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large skillet over medium high heat.
- ☐ Place the meat in the oil and saute for 5 minutes per side.
- ☐ Pour out 1 cup of the pepper juice from the jar and pour into the skillet.
- ☐ Add the water, garlic salt and ground black pepper to taste.
- ☐ Reduce heat to low, cover and simmer for 40 minutes, flipping meat halfway through cooking.
- ☐ Add about 10 to 12 hot cherry peppers and heat for 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:26.790434982466%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 435.5kcal (21.77%), Fat: 14.64g (22.53%), Saturated Fat: 3.58g (22.4%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 8.11g (2.95%), Sugar: 0g (0%), Cholesterol: 138.35mg (46.12%), Sodium: 2950.91mg (128.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.46g (104.92%), Selenium: 72.35µg (103.36%), Vitamin B3: 15.6mg (78.01%), Vitamin B6: 1.54mg (77%), Zinc: 10.37mg (69.12%), Vitamin B12: 3.06µg (51.03%), Phosphorus: 508.06mg (50.81%), Fiber: 8.1g (32.41%), Iron: 4.51mg (25.05%), Potassium: 846.35mg (24.18%), Vitamin B2: 0.33mg (19.61%), Vitamin B5: 1.54mg (15.4%), Vitamin B1: 0.22mg (14.37%), Magnesium: 57.04mg (14.26%), Copper: 0.25mg (12.39%), Vitamin E: 1.67mg (11.11%), Folate: 31.76µg (7.94%), Vitamin K: 6.98µg (6.64%), Calcium: 50.97mg (5.1%), Manganese: 0.04mg (1.75%)