

Juicy Steak

 **Gluten Free**

READY IN



20 min.

SERVINGS



1

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 clove garlic minced
- 1 teaspoon meat tenderizer
- 1 serving salt and pepper black to taste
- 0.5 pound delmonico steak frozen (rib-eye)
- 1 tablespoon worcestershire sauce to taste

Equipment

- oven

- roasting pan
- broiler
- meat tenderizer

Directions

- Preheat your oven's broiler.
- Spread half of the butter on top of the frozen steak.
- Pour Worcestershire sauce over, and sprinkle liberally with meat tenderizer, garlic, salt and pepper.
- Place steak on a roasting pan. Broil for 6 to 8 minutes, remove steak from the oven, and flip over.
- Spread butter and season just like the other side. Return to the broiler, and continue cooking for 6 to 8 minutes, or to desired doneness.

Nutrition Facts

PROTEIN 31.48% **FAT 65.67%** **CARBS 2.85%**

Properties

Glycemic Index:80, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:22.599565184635%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 595.29kcal (29.76%), Fat: 43.57g (67.02%), Saturated Fat: 21.49g (134.33%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 4.2g (1.53%), Sugar: 1.74g (1.93%), Cholesterol: 171.6mg (57.2%), Sodium: 628.97mg (27.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.99g (93.98%), Selenium: 57.57µg (82.24%), Zinc: 11.74mg (78.29%), Vitamin B12: 3.8µg (63.31%), Vitamin B3: 11.76mg (58.82%), Vitamin B6: 0.98mg (48.97%), Phosphorus: 355.09mg (35.51%), Vitamin B2: 0.58mg (33.95%), Iron: 4.88mg (27.09%), Potassium: 777.48mg (22.21%), Vitamin B1: 0.22mg (14.76%), Magnesium: 52.15mg (13.04%), Copper: 0.22mg (11.07%), Vitamin A: 399.06IU (7.98%), Vitamin K: 4.61µg (4.39%), Calcium: 43.22mg (4.32%), Vitamin C: 3.21mg (3.89%), Manganese: 0.05mg (2.57%), Vitamin E: 0.35mg (2.33%), Folate: 8.87µg (2.22%), Vitamin D: 0.23µg (1.54%), Vitamin B5: 0.1mg (1.04%)