



Lavender Pork Steaks



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 tablespoons lavender fresh finely chopped
- ☐ 3 tablespoons rosemary fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 pork steaks
- ☐ 1 cup vegetable oil

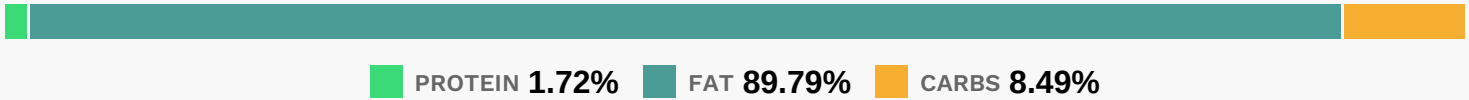
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Preheat an outdoor grill for low heat.
- ☐ Pour oil into a large, resealable plastic bag.
- ☐ Add lavender, rosemary, and thyme; let stand for 10 minutes.
- ☐ Place steaks in bag with marinade, and marinate for 5 minutes.
- ☐ Lightly oil grate.
- ☐ Remove steaks from marinade, and arrange on grill. Cook, turning once or twice, for 20 to 30 minutes, or until done.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.08, Inflammation Score:-9, Nutrition Score:2.3778260910641%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg

Nutrients (% of daily need)

Calories: 108.76kcal (5.44%), Fat: 11.22g (17.27%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0g (0%), Cholesterol: 0.6mg (0.2%), Sodium: 1.2mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Vitamin K: 20.05µg (19.09%), Vitamin C: 4.93mg (5.97%), Vitamin E: 0.89mg (5.96%), Calcium: 44.98mg (4.5%), Iron: 0.72mg (3.98%), Vitamin A: 172IU (3.44%), Manganese: 0.04mg (2.23%), Fiber: 0.46g (1.83%), Magnesium: 4.39mg (1.1%)