



Lemon Dijon Pan Steak

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb beef top sirloin steaks boneless
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup beef broth
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 teaspoons dijon mustard
- ☐ 2 teaspoons worcestershire sauce
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 2 tablespoons chives fresh chopped

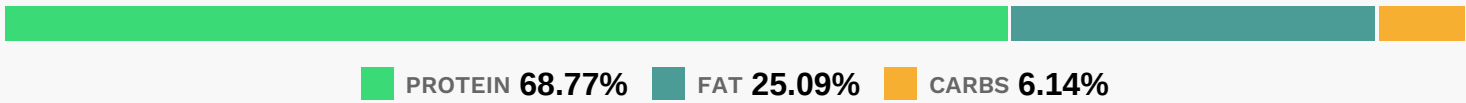
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut beef into 4 serving pieces. Spray 12-inch skillet with cooking spray; heat over medium heat.
- ☐ Sprinkle both sides of beef with pepper. Cook beef in skillet 9 to 11 minutes for medium doneness (160°F), turning once.
- ☐ Remove beef from skillet; keep warm.
- ☐ In small bowl, mix remaining ingredients except chives until smooth; add to skillet.
- ☐ Heat to boiling. Boil 1 minute, stirring constantly. Stir in chives.
- ☐ Serve over beef.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:1.07, Inflammation Score:-2, Nutrition Score:12.599565184635%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 159.76kcal (7.99%), Fat: 4.26g (6.56%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 2.35g (0.78%), Net Carbohydrates: 2.09g (0.76%), Sugar: 0.38g (0.42%), Cholesterol: 66.9mg (22.3%), Sodium: 353.33mg (15.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.3g (52.61%), Selenium: 36.87µg (52.67%), Vitamin B3: 7.96mg (39.81%), Vitamin B6: 0.72mg (36.18%), Zinc: 4.58mg (30.54%), Phosphorus: 254.69mg (25.47%), Vitamin B12: 1.11µg (18.47%), Potassium: 473.49mg (13.53%), Iron: 2.25mg (12.51%), Vitamin B2: 0.17mg (9.74%), Vitamin B5: 0.78mg (7.77%), Magnesium: 30.17mg (7.54%), Vitamin B1: 0.11mg (7.28%), Folate: 21.42µg (5.35%), Copper: 0.1mg (5.11%), Vitamin K: 4.72µg (4.5%), Calcium: 35.88mg (3.59%), Manganese: 0.06mg (3.16%), Vitamin E: 0.33mg

(2.23%), Vitamin C: 1.59mg (1.93%), Vitamin A: 70.25IU (1.4%), Fiber: 0.25g (1.01%)