



HEALTH SCORE

52%

Lemon-Pepper Steaks



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb beef rib steak
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons basil dried fresh chopped
- ☐ 2 teaspoons lemon pepper
- ☐ 2 medium bell pepper seeded (any color)

Equipment

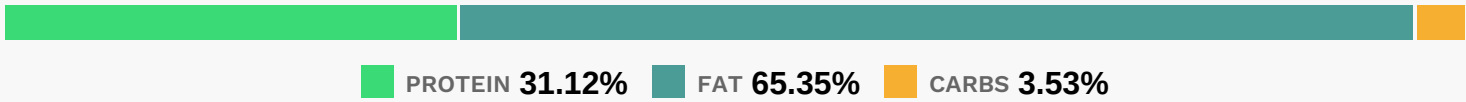
- ☐ bowl

☐ grill

Directions

- ☐ Brush grill rack with vegetable oil.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Trim fat on beef steaks to 1/2-inch thickness if necessary.
- ☐ Sprinkle garlic salt over beef. In small bowl, mix butter, basil and lemon-pepper seasoning; brush over beef and bell pepper halves.
- ☐ Cover and grill beef and bell peppers over medium heat 12 to 16 minutes, turning once, for medium beef doneness.
- ☐ Brush tops of steaks with butter mixture.
- ☐ Cut bell peppers into strips; serve over beef.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.87, Inflammation Score:-9, Nutrition Score:32.706521790961%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 596.38kcal (29.82%), Fat: 43.78g (67.36%), Saturated Fat: 16.73g (104.54%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 3.05g (1.11%), Sugar: 2.54g (2.82%), Cholesterol: 138.35mg (46.12%), Sodium: 546.51mg (23.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.91g (93.82%), Vitamin C: 76.2mg (92.37%), Zinc: 11.94mg (79.59%), Selenium: 55.51µg (79.3%), Vitamin B12: 3.78µg (62.98%), Vitamin B3: 11.8mg (59%), Vitamin B6: 1.11mg (55.45%), Vitamin A: 2424.8IU (48.5%), Vitamin K: 42.24µg (40.23%), Vitamin B2: 0.62mg (36.69%), Phosphorus: 352.38mg (35.24%), Iron: 6.05mg (33.62%), Potassium: 805.27mg (23.01%), Manganese: 0.39mg (19.55%), Magnesium: 71.13mg (17.78%), Vitamin B1: 0.24mg (15.72%), Copper: 0.24mg (12.13%), Vitamin E: 1.6mg (10.7%), Folate: 40.69µg (10.17%), Fiber: 2.26g (9.03%), Calcium: 73.71mg (7.37%), Vitamin B5: 0.23mg (2.31%), Vitamin D: 0.23µg (1.51%)