






 **70%**
HEALTH SCORE

London Broil with Ale au jus and Roasted Onions with Quinoa

 Dairy Free  Very Healthy

READY IN

28 min.

SERVINGS

4

CALORIES

371 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 12 ounce ale
- 1 cup quinoa cooked
- 1.5 pound top round
- 1 tablespoon olive oil
- 2 onion thinly sliced
- 4 servings pepper black freshly ground
- 2 teaspoons penzey's southwest seasoning

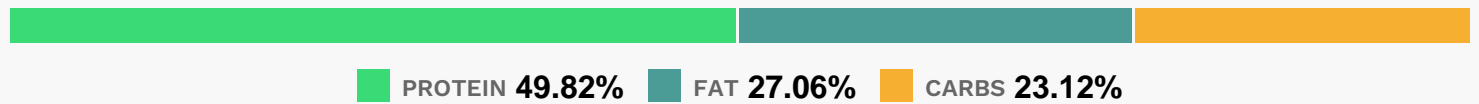
Equipment

- frying pan

Directions

- Heat oil in a large skillet over medium-high heat. Season both sides of steak with salt, pepper and mesquite seasoning. Sear steak in hot pan 2 minutes per side, until browned.
- Remove steak from pan and add sliced onions and ale to pan. Bring to a simmer, scraping up any brown bits from the bottom of pan. Return steak to pan and simmer 2 to 4 more minutes for medium doneness.
- Remove steak from pan (reserving sauce in pan) and let rest 10 minutes. Reduce heat to low and let ale simmer down while steak rests.
- Cut steak crosswise into thin slices and serve the steak, onions and pan sauce over quinoa.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:6.94, Inflammation Score:-7, Nutrition Score:25.932174099528%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

Nutrients (% of daily need)

Calories: 371.22kcal (18.56%), Fat: 10.28g (15.82%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 19.77g (6.59%), Net Carbohydrates: 16.47g (5.99%), Sugar: 2.84g (3.15%), Cholesterol: 103.76mg (34.59%), Sodium: 118.41mg (5.15%), Alcohol: 3.32g (100%), Alcohol %: 1.16% (100%), Protein: 42.61g (85.21%), Selenium: 56.46µg (80.65%), Vitamin B6: 1.34mg (67.15%), Vitamin B3: 12.51mg (62.54%), Zinc: 8.45mg (56.31%), Phosphorus: 482.98mg (48.3%), Vitamin B12: 2.31µg (38.56%), Iron: 5.11mg (28.38%), Manganese: 0.53mg (26.46%), Potassium: 849.69mg (24.28%), Magnesium: 89.55mg (22.39%), Vitamin B2: 0.35mg (20.6%), Vitamin K: 19.85µg (18.91%), Vitamin B1: 0.25mg

(16.34%), Folate: 64.65µg (16.16%), Copper: 0.31mg (15.67%), Fiber: 3.3g (13.21%), Vitamin B5: 1.28mg (12.82%),
Vitamin E: 1.75mg (11.67%), Calcium: 101.17mg (10.12%), Vitamin C: 4.13mg (5%)