

Mean Mr. Mustard Steak

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup grainy mustard french meaux® (such as Moutarde de)
- 0.3 cup grill seasoning montreal steak seasoning® (such as)
- 1 cup onion diced red divided
- 4 rib-eye steaks
- 2 tablespoons butter unsalted

Equipment

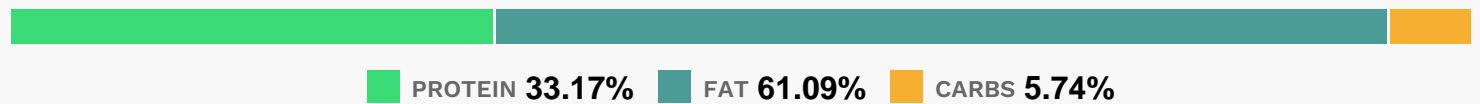
- frying pan
- grill

kitchen thermometer

Directions

- Score both sides of each steak by making diagonal slices. Season with grill seasoning.
- Brush each side of the steak with the mustard, then press 1/2 of the red onions into the mustard on one side of the steak.
- Melt the butter in a large skillet over high heat.
- Place the steaks onion side down in the skillet. Press the remaining onions evenly into the mustard on the top side of each steak. Cook steaks until they start to firm, and are browned on the outside and red in the center, 4 to 5 minutes per side. An instant-read thermometer inserted into the center should read 125 degrees F (52 degrees C).
- Remove steaks from the skillet, and allow them to rest for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.92, Inflammation Score:-6, Nutrition Score:27.293913032698%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 568.69kcal (28.43%), Fat: 39.06g (60.09%), Saturated Fat: 18.05g (112.81%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 5.75g (2.09%), Sugar: 2.28g (2.53%), Cholesterol: 152.91mg (50.97%), Sodium: 463.45mg (20.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.71g (95.43%), Selenium: 66.31µg (94.73%), Zinc: 12mg (80.03%), Vitamin B12: 3.76µg (62.73%), Vitamin B3: 11.42mg (57.09%), Vitamin B6: 1.03mg (51.46%), Phosphorus: 379.82mg (37.98%), Vitamin K: 39.74µg (37.85%), Vitamin B2: 0.58mg (34.25%), Iron: 6.01mg (33.4%), Manganese: 0.48mg (24.08%), Potassium: 742.37mg (21.21%), Vitamin B1: 0.29mg (19.2%), Magnesium: 76.34mg (19.08%), Copper: 0.25mg (12.65%), Fiber: 2.51g (10.05%), Calcium: 89.88mg (8.99%), Vitamin A: 346.88IU (6.94%), Folate: 22.81µg (5.7%), Vitamin C: 3.61mg (4.38%), Vitamin E: 0.34mg (2.25%), Vitamin D: 0.33µg (2.21%), Vitamin B5: 0.15mg (1.5%)