



Mushroom and Onion-Topped Steak

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb beef top sirloin steaks boneless ()
- 0.8 teaspoon highest available proof grain spirit
- 0.5 teaspoon salt
- 4.5 oz mushrooms drained sliced
- 0.5 cup spring onion chopped
- 2 tablespoons roasted peppers red drained chopped (from a jar)

Equipment

- grill

aluminum foil

Directions

Heat grill.

Sprinkle both sides of beef steak with garlic-pepper blend and salt. On 18x12-inch sheet of heavy-duty foil, combine mushrooms, onions and roasted peppers. Wrap securely with double-fold seals.

When ready to grill, place mushroom packet and steak on gas grill over medium-high heat or on charcoal grill 4 to 6 inches from medium-high coals. Cook 10 to 15 minutes or until steak is of desired doneness, turning once, and mushroom mixture in packet is thoroughly heated.

To serve, cut steak into serving-sized pieces. Open mushroom packet carefully to allow steam to escape. Top each steak serving with mushroom mixture.

Nutrition Facts

PROTEIN 68.36% **FAT 24.11%** **CARBS 7.53%**

Properties

Glycemic Index:30, Glycemic Load:0.78, Inflammation Score:-4, Nutrition Score:15.498260941194%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 159.66kcal (7.98%), Fat: 4.18g (6.43%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 2.15g (0.78%), Sugar: 0.95g (1.05%), Cholesterol: 66.9mg (22.3%), Sodium: 459.06mg (19.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.66g (53.33%), Selenium: 38.02µg (54.31%), Vitamin B3: 8.66mg (43.28%), Vitamin B6: 0.77mg (38.49%), Zinc: 4.82mg (32.13%), Phosphorus: 276.8mg (27.68%), Vitamin K: 27.14µg (25.85%), Vitamin B12: 1.08µg (17.98%), Vitamin B2: 0.28mg (16.41%), Potassium: 555.55mg (15.87%), Iron: 2.25mg (12.5%), Vitamin B5: 1.24mg (12.41%), Copper: 0.21mg (10.69%), Magnesium: 33.91mg (8.48%), Vitamin B1: 0.12mg (8.04%), Vitamin C: 6.46mg (7.83%), Folate: 30.22µg (7.56%), Calcium: 38.31mg (3.83%), Manganese: 0.07mg (3.62%), Vitamin A: 163.25IU (3.26%), Fiber: 0.79g (3.16%), Vitamin E: 0.4mg (2.65%)