



Mustard-Crusted Steak With Orange-Balsamic Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks ()
- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon thyme leaves dried
- ☐ 4 teaspoons parsley fresh minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 4 servings orange-balsamic sauce
- ☐ 0.5 teaspoon oregano dried

- ☐ 2 teaspoons paprika
- ☐ 0.3 teaspoon cracked pepper black
- ☐ 0.1 teaspoon salt

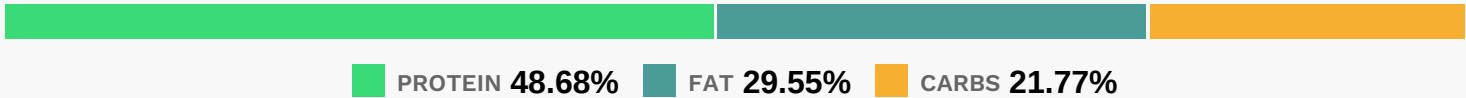
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Place a 10-inch cast-iron skillet on grill rack over hot coals (400 to 500); let skillet heat at least 10 minutes or until very hot.
- ☐ Prepare Orange-Balsamic Sauce; set aside, and keep warm.
- ☐ Combine paprika and next 5 ingredients in a shallow dish; stir well.
- ☐ Spread mustard evenly over both sides of each steak. Dredge each steak in spice mixture.
- ☐ Place steaks in preheated skillet; cook 3 minutes on each side or until desired degree of doneness (outside of steaks should be charred but not burned).
- ☐ Place steaks on each of 4 plates; spoon Orange-Balsamic Sauce evenly over each steak, and sprinkle with parsley.
- ☐ NOTE: You can substitute four 4-ounce fresh tuna steaks for the beef tenderloin. Cook 2 to 3 minutes on each side or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:47.63, Glycemic Load:3.65, Inflammation Score:-8, Nutrition Score:17.67217399763%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

0.15mg, Myricetin: 0.15mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 215.61kcal (10.78%), Fat: 7.05g (10.84%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 8.87g (3.22%), Sugar: 8.56g (9.51%), Cholesterol: 72.57mg (24.19%), Sodium: 149.77mg (6.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.12g (52.25%), Vitamin C: 48.21mg (58.43%), Selenium: 35.56µg (50.8%), Vitamin B6: 0.79mg (39.38%), Vitamin B3: 7.66mg (38.3%), Zinc: 4.64mg (30.95%), Phosphorus: 255.4mg (25.54%), Vitamin B12: 1.05µg (17.58%), Potassium: 597.68mg (17.08%), Vitamin A: 744.79IU (14.9%), Iron: 2.56mg (14.22%), Vitamin B1: 0.17mg (11.34%), Fiber: 2.81g (11.25%), Folate: 43.84µg (10.96%), Vitamin B2: 0.19mg (10.95%), Vitamin B5: 0.99mg (9.93%), Magnesium: 39.05mg (9.76%), Vitamin K: 9.92µg (9.45%), Calcium: 73.57mg (7.36%), Copper: 0.14mg (7.03%), Vitamin E: 0.89mg (5.96%), Manganese: 0.11mg (5.29%)