



Pan-Roasted Steak Dinner

 Gluten Free  Dairy Free  Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb well-trimmed beef sirloin steak boneless
- 3 cups broccoli florets
- 4 large carrots thinly sliced
- 0.5 cup lite catalina dressing divided kraft
- 1.5 cups brown rice instant uncooked
- 1 onion chopped
- 0.5 tsp pepper

Equipment

frying pan

oven

Directions

- Pour 1/4 cup dressing over steak in shallow glass dish; turn to coat both sides of steak. Refrigerate 30 min. to marinate.
- Heat oven to 400F. Spray large ovenproof nonstick skillet with cooking spray; heat on medium-high heat.
- Remove steak from marinade; discard marinade.
- Place steak in skillet; sprinkle with pepper.
- Place onions around steak. Cook 3 min. or until bottom of steak is well browned. Turn steak over; turn off heat. Toss broccoli and carrots with remaining dressing.
- Add to skillet; mix with onions.
- Place skillet in oven.
- Bake 18 to 20 min. or until steak is medium doneness (160F). Meanwhile, cook rice as directed on package.
- Cut steak across the grain into thin slices.
- Place meat on serving plates; top with vegetable mixture.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:34.46, Glycemic Load:3.77, Inflammation Score:-10, Nutrition Score:33.705217402914%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.7mg, Kaempferol: 5.7mg, Kaempferol: 5.7mg, Kaempferol: 5.7mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 422.79kcal (21.14%), Fat: 10.28g (15.81%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 49.89g (16.63%), Net Carbohydrates: 44.96g (16.35%), Sugar: 14.04g (15.6%), Cholesterol: 66.9mg (22.3%), Sodium: 526.02mg (22.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.7g (61.4%), Vitamin A: 12455.43IU (249.11%), Vitamin C: 67.16mg (81.41%), Vitamin K: 80.92µg (77.06%), Selenium: 48.85µg (69.79%), Vitamin B3: 10.77mg (53.87%), Vitamin B6: 1mg (50.2%), Folate: 165.37µg (41.34%), Zinc: 5.5mg (36.66%), Phosphorus: 355.94mg (35.59%), Vitamin B1: 0.49mg (32.84%), Manganese: 0.64mg (32.19%), Iron: 4.65mg (25.85%), Potassium: 903.08mg (25.8%), Fiber: 4.93g (19.74%), Vitamin B12: 1.07µg (17.77%), Vitamin B2: 0.27mg (16.15%), Vitamin B5: 1.51mg (15.06%), Magnesium: 56.75mg (14.19%), Copper: 0.22mg (11.21%), Calcium: 95.31mg (9.53%), Vitamin E: 1.35mg (8.97%)