



Pan-Seared Flat Iron Steak

 Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb flat iron steak
- 0.3 teaspoon kosher salt
- 2 teaspoons steak seasoning
- 1 tablespoon vegetable oil

Equipment

- frying pan
- grill

Directions

- Rub steak evenly with steak seasoning and salt.
- Cook in hot oil in a large skillet over medium-high heat 4 to 5 minutes on each side or to desired degree of doneness.
- Let stand 5 minutes.
- Cut diagonally across the grain into thin strips.
- Note: For testing purposes only, we used McCormick Grill Mates Montreal Steak Seasoning.

Nutrition Facts

PROTEIN 37.98% **FAT 60.87%** **CARBS 1.15%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:15.5900003016%

Nutrients (% of daily need)

Calories: 232.71kcal (11.64%), Fat: 15.4g (23.7%), Saturated Fat: 5.03g (31.41%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.54g (0.2%), Sugar: 0.03g (0.03%), Cholesterol: 74.84mg (24.95%), Sodium: 229.53mg (9.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.63g (43.26%), Vitamin B12: 5.73µg (95.44%), Zinc: 7.83mg (52.22%), Selenium: 33.87µg (48.38%), Vitamin B6: 0.43mg (21.64%), Phosphorus: 210.36mg (21.04%), Vitamin B3: 3.91mg (19.54%), Iron: 3.03mg (16.84%), Vitamin B2: 0.26mg (15.25%), Vitamin K: 14.99µg (14.27%), Vitamin B5: 1.08mg (10.8%), Potassium: 357.27mg (10.21%), Vitamin B1: 0.11mg (7.66%), Copper: 0.14mg (7.17%), Magnesium: 26.06mg (6.51%), Manganese: 0.09mg (4.35%), Vitamin E: 0.48mg (3.23%), Calcium: 16.85mg (1.69%), Folate: 4.78µg (1.2%)