



Pan-Seared Flat Iron Steaks



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 oz flat iron steaks
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon penzey's southwest seasoning dried italian
- ☐ 2 teaspoons lemon pepper
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon paprika
- ☐ 1 teaspoon salt

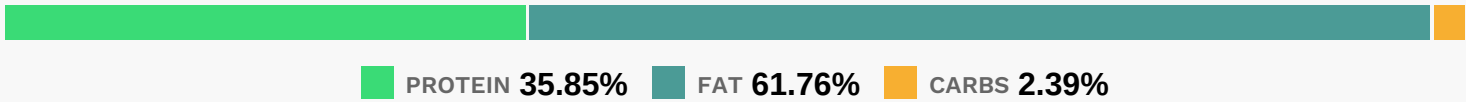
Equipment

☐ frying pan

Directions

- ☐ Trim steaks, if necessary.
- ☐ Combine Italian seasoning and next 4 ingredients; rub over steaks.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add steaks, and cook 4 to 5 minutes on each side or to desired degree of doneness.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:22.230434844837%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 370.26kcal (18.51%), Fat: 25.02g (38.49%), Saturated Fat: 7.72g (48.23%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.1g (0.11%), Cholesterol: 112.26mg (37.42%), Sodium: 708.51mg (30.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.68g (65.35%), Vitamin B12: 8.59µg (143.17%), Zinc: 11.78mg (78.55%), Selenium: 50.99µg (72.84%), Vitamin B6: 0.66mg (33.15%), Phosphorus: 320.3mg (32.03%), Vitamin B3: 5.92mg (29.59%), Iron: 4.71mg (26.17%), Vitamin B2: 0.4mg (23.45%), Vitamin B5: 1.66mg (16.57%), Potassium: 569.48mg (16.27%), Vitamin K: 14.85µg (14.14%), Vitamin B1: 0.18mg (11.72%), Manganese: 0.23mg (11.5%), Copper: 0.23mg (11.49%), Vitamin E: 1.61mg (10.76%), Magnesium: 41.84mg (10.46%), Fiber: 0.94g (3.76%), Calcium: 36.19mg (3.62%), Vitamin A: 149.87IU (3%), Folate: 8.71µg (2.18%)