



Pan-Seared Sirloin Steak



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



6

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon rosemary dried crushed
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 3 cloves garlic minced
- ☐ 0.8 teaspoon salt
- ☐ 1.5 pounds rump steak boneless trimmed

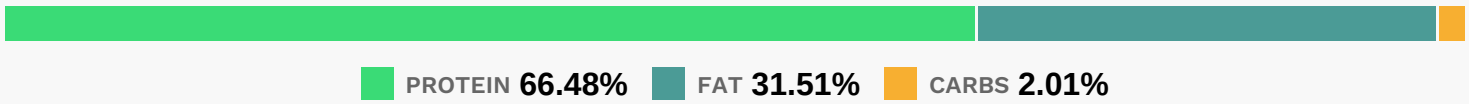
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Preheat oven to 40
- ☐ Blot steak with paper towels to remove excess moisture. Coat one side of steak with cooking spray.
- ☐ Sprinkle evenly with garlic and remaining ingredients; coat again with cooking spray.
- ☐ Heat a grill pan or ovenproof skillet over medium-high heat; add steak, seasoned side down. Cook 3 minutes, turn; reduce heat to medium, and cook 3 minutes.
- ☐ Transfer pan to oven; bake at 400 for 5 minutes, or until desired degree of doneness.
- ☐ Transfer to cutting board; cover loosely with foil and let stand 5 minutes. Thinly slice steak.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:11.839130478709%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 156.4kcal (7.82%), Fat: 5.27g (8.1%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.59g (0.22%), Sugar: 0.02g (0.02%), Cholesterol: 69.17mg (23.06%), Sodium: 355.74mg (15.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.99g (49.99%), Vitamin B3: 8.44mg (42.18%), Selenium: 29.15µg (41.64%), Vitamin B6: 0.7mg (35.13%), Zinc: 4.73mg (31.51%), Phosphorus: 235.56mg (23.56%), Vitamin B12: 1.35µg (22.49%), Iron: 2.08mg (11.56%), Potassium: 400.17mg (11.43%), Vitamin B5: 0.75mg (7.52%), Vitamin B2:

0.12mg (7.34%), Magnesium: 27.69mg (6.92%), Vitamin B1: 0.07mg (4.87%), Copper: 0.09mg (4.67%), Vitamin K: 4.77µg (4.54%), Manganese: 0.09mg (4.42%), Calcium: 39.3mg (3.93%), Folate: 15.34µg (3.84%), Vitamin E: 0.39mg (2.62%)