



Pan-Seared Steaks with Roasted Red Pepper Sauce

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce beef tenderloin steaks boneless lean ()
- 1 teaspoon roasted garlic-pepper seasoning or black
- 7 ounce roasted peppers in water red drained
- 0.5 teaspoon salt divided

Equipment

- frying pan
- blender

Directions

- Combine garlic pepper and 1/4 teaspoon salt. Rub both sides of steaks with pepper mixture.
- Place a large nonstick skillet coated with cooking spray over medium–high heat until hot.
- Add steaks; cook 2 to 3 minutes on each side or until done.
- While steaks cook, place peppers and remaining 1/4 teaspoon salt in container of an electric blender. Cover and process until smooth.
- Serve steaks with roasted red pepper sauce.

Nutrition Facts

PROTEIN 59.05% **FAT 35.89%** **CARBS 5.06%**

Properties

Glycemic Index:7.5, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:13.927391321763%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 177.88kcal (8.89%), Fat: 6.88g (10.58%), Saturated Fat: 2.51g (15.67%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.01g (0.01%), Cholesterol: 72.57mg (24.19%), Sodium: 1032.37mg (44.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.46g (50.92%), Selenium: 34.84µg (49.78%), Vitamin B6: 0.8mg (40.15%), Vitamin B3: 7.54mg (37.72%), Zinc: 4.6mg (30.67%), Vitamin C: 23.3mg (28.25%), Phosphorus: 248.07mg (24.81%), Vitamin B12: 1.05µg (17.58%), Potassium: 476.93mg (13.63%), Iron: 2.23mg (12.37%), Vitamin B2: 0.15mg (8.8%), Magnesium: 31.73mg (7.93%), Copper: 0.15mg (7.66%), Vitamin B5: 0.76mg (7.58%), Vitamin B1: 0.1mg (6.52%), Folate: 22.7µg (5.68%), Manganese: 0.11mg (5.26%), Vitamin A: 258.05IU (5.16%), Calcium: 46.83mg (4.68%), Fiber: 0.61g (2.44%), Vitamin E: 0.35mg (2.35%), Vitamin K: 1.37µg (1.31%)