



Pepper-Rubbed Grilled Steaks with Caramelized Onions



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large onion sweet separated thinly sliced (Maui, Texas or Walla Walla)
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons water
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 16 oz beef strip steaks boneless trimmed of fat

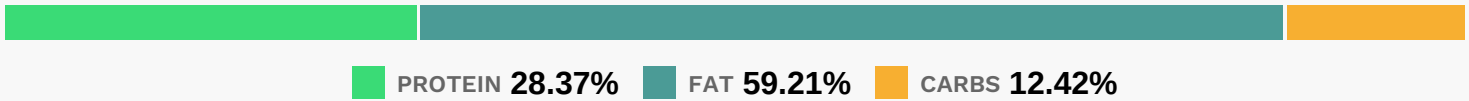
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat 12-inch nonstick skillet over medium heat.
- ☐ Add onion; cook 3 to 4 minutes, stirring frequently, just until it begins to brown. Stir in sugar and water. Reduce heat to medium-low; cover and cook 6 to 8 minutes, stirring frequently, until onion is tender and golden.
- ☐ Remove from heat; stir in vinegar.
- ☐ Meanwhile, heat closed contact grill for 5 minutes. Rub pepper blend on both sides of each steak.
- ☐ When grill is heated, place steaks on bottom grill surface. Close grill; cook 3 to 5 minutes or until desired doneness.
- ☐ Serve steaks with onions.

Nutrition Facts



Properties

Glycemic Index:30.02, Glycemic Load:2.43, Inflammation Score:-4, Nutrition Score:11.189130389982%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 323.91kcal (16.2%), Fat: 21.01g (32.32%), Saturated Fat: 8.45g (52.81%), Carbohydrates: 9.92g (3.31%), Net Carbohydrates: 9.17g (3.34%), Sugar: 7.75g (8.61%), Cholesterol: 97.52mg (32.51%), Sodium: 355.33mg (15.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.65g (45.29%), Selenium: 26.06µg (37.23%), Vitamin B6: 0.71mg (35.71%), Vitamin B3: 5.98mg (29.9%), Zinc: 3.88mg (25.85%), Phosphorus: 229.49mg (22.95%), Vitamin B12: 1.04µg (17.39%), Potassium: 443.27mg (12.66%), Iron: 1.86mg (10.32%), Vitamin B2: 0.14mg (8.01%), Magnesium: 30.69mg (7.67%), Folate: 30.37µg (7.59%), Vitamin B1: 0.11mg (7.48%), Vitamin B5: 0.7mg (7.04%), Copper: 0.13mg

(6.31%), Vitamin C: 3.97mg (4.81%), Calcium: 43.01mg (4.3%), Manganese: 0.08mg (3.96%), Vitamin E: 0.48mg (3.21%), Fiber: 0.74g (2.98%), Vitamin K: 2.06µg (1.96%)