



## Pepper Steak with Roasted Red Pepper Pesto



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 lb sirloin steak thick
- 3 teaspoons pepper black
- 0.5 teaspoon salt
- 2 tablespoons olive oil
- 7 oz basil pesto refrigerated
- 7 oz roasted peppers red drained chopped
- 1 tablespoon juice of lemon

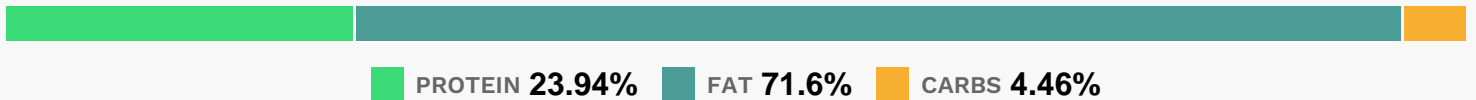
### Equipment

- bowl
- frying pan
- grill pan
- cutting board

## Directions

- Sprinkle both sides of steak with pepper and salt; brush with oil.
- Heat grill pan over medium-high heat until hot.
- Add steak; cook 10 to 15 minutes, turning once, or until of desired doneness.
- Remove steak from pan to cutting board; let stand 5 minutes.
- Meanwhile, in small bowl, mix pesto, roasted peppers and lemon juice.
- Cut steak into thin slices.
- Serve with red pepper pesto.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:20.188260721124%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 645.01kcal (32.25%), Fat: 50.77g (78.11%), Saturated Fat: 14.41g (90.05%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 5.34g (1.94%), Sugar: 1.69g (1.88%), Cholesterol: 99.22mg (33.07%), Sodium: 1526.07mg (66.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.19g (76.38%), Vitamin B12: 4.73µg (78.81%), Selenium: 28.29µg (40.42%), Zinc: 5.69mg (37.93%), Vitamin B6: 0.74mg (37.04%), Vitamin B3: 6.47mg (32.34%), Phosphorus: 308.56mg (30.86%), Vitamin C: 24.52mg (29.72%), Vitamin A: 1266.58IU (25.33%), Iron: 4.29mg (23.86%), Vitamin B2: 0.32mg (19.08%), Potassium: 621.96mg (17.77%), Manganese: 0.29mg (14.7%), Vitamin B1:

0.19mg (12.33%), Calcium: 117.54mg (11.75%), Copper: 0.22mg (10.98%), Magnesium: 42.27mg (10.57%), Fiber: 1.78g (7.12%), Vitamin E: 1.03mg (6.86%), Vitamin K: 6.67µg (6.35%), Vitamin B5: 0.57mg (5.72%), Folate: 19.15µg (4.79%)