



Pepper Steak with Roasted Red Pepper Pesto



Gluten Free



Dairy Free



Low Fod Map

READY IN



19 min.

SERVINGS



6

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon coarsely ground pepper black
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 7 oz pesto refrigerated
- ☐ 7 oz roasted bell peppers red drained chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds rump steak

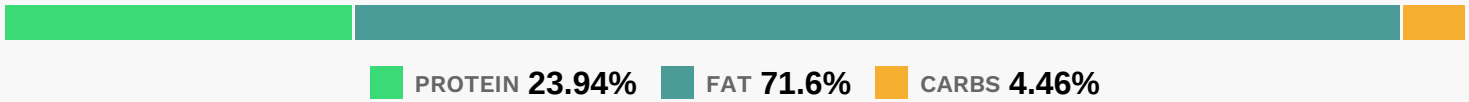
Equipment

- ☐ bowl
- ☐ grill pan

Directions

- ☐ Sprinkle both sides of steak with salt and 1 Tbsp. pepper; brush with olive oil.
- ☐ Place grill pan over medium-high heat until hot. Cook steak in hot grill pan 5 to 7 minutes on each side or until desired degree of doneness.
- ☐ Transfer steak to a carving board, and let stand 5 minutes.
- ☐ Meanwhile, combine pesto, chopped roasted red pepper, and lemon juice in a small bowl.
- ☐ Cut steak into thin slices, and transfer to a serving platter.
- ☐ Serve with red pepper pesto.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:13.458260971567%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 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: 430.01kcal (21.5%), Fat: 33.85g (52.07%), Saturated Fat: 9.61g (60.04%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 3.56g (1.3%), Sugar: 1.13g (1.25%), Cholesterol: 66.15mg (22.05%), Sodium: 1017.38mg (44.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.46g (50.92%), Vitamin B12: 3.15µg (52.54%), Selenium: 18.86µg (26.95%), Zinc: 3.79mg (25.28%), Vitamin B6: 0.49mg (24.69%), Vitamin B3: 4.31mg (21.56%), Phosphorus: 205.71mg (20.57%), Vitamin C: 16.35mg (19.81%), Vitamin A: 844.39IU (16.89%), Iron: 2.86mg (15.9%), Vitamin B2: 0.22mg (12.72%), Potassium: 414.64mg (11.85%), Manganese: 0.2mg (9.8%), Vitamin B1: 0.12mg (8.22%), Calcium: 78.36mg (7.84%), Copper: 0.15mg (7.32%), Magnesium: 28.18mg (7.05%), Fiber: 1.19g (4.75%), Vitamin E: 0.69mg (4.57%), Vitamin K: 4.45µg (4.23%), Vitamin B5: 0.38mg (3.81%), Folate: 12.77µg (3.19%)