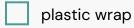




Ingredients

- 1 tablespoon goat meat
- 1 teaspoon olive oil
- 20 ounces sirloin steak
- 1 teaspoon steak seasoning

Equipment



grill

meat tenderizer

Directions

Place steak on a plate and coat lightly with olive oil. Rub steak with meat tenderizer.

Sprinkle steak with Canadian steak seasoning and gently rub into steak. Cover with plastic wrap and let stand for 20 minutes.

Preheat a grill for high heat. When the grill is hot, lightly oil the grate.

Unwrap steaks and grill on open flame or charcoal grill for 3 to 5 minutes per side, or to your desired degree of doneness.

Nutrition Facts

PROTEIN 37.59% 📕 FAT 62% 📕 CARBS 0.41%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:41.004347919446%

Nutrients (% of daily need)

Calories: 1317.08kcal (65.85%), Fat: 88.56g (136.25%), Saturated Fat: 34.78g (217.36%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 1.09g (0.39%), Sugar: 0.06g (0.07%), Cholesterol: 326.98mg (108.99%), Sodium: 323.95mg (14.08%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 120.81g (241.62%), Vitamin B12: 15.79µg (263.2%), Selenium: 98.43µg (140.61%), Zinc: 18.75mg (124.97%), Vitamin B6: 2.29mg (114.59%), Vitamin B3: 22.18mg (110.92%), Phosphorus: 1021.04mg (102.1%), Iron: 12.18mg (67.66%), Vitamin B2: 1.04mg (61.13%), Potassium: 1820.43mg (52.01%), Vitamin B1: 0.58mg (38.78%), Magnesium: 121.72mg (30.43%), Copper: 0.47mg (23.44%), Vitamin B5: 1.97mg (19.68%), Vitamin K: 18.55µg (17.66%), Manganese: 0.21mg (10.65%), Folate: 37.37µg (9.34%), Calcium: 54.72mg (5.47%), Vitamin E: 0.63mg (4.2%), Vitamin A: 57.08IU (1.14%)