



Porcini-rubbed steak



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



855 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 25 g the following: parmesan rind) dried
- ☐ 1 sprig thyme leaves
- ☐ 2 sirloin steak thick
- ☐ 1 tbsp olive oil
- ☐ 2 servings potatoes

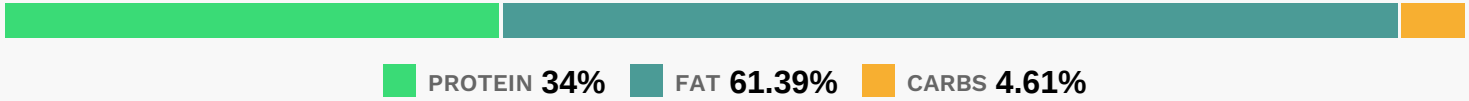
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Whizz the mushrooms into a fine powder in a small food processor or coffee grinder.
- ☐ Mix with a good pinch of salt, pepper and the thyme leaves. Rub the mixture all over the steaks, then pop onto a plate or into a sealable kitchen bag and chill overnight.
- ☐ Brush away any excess mixture.
- ☐ Heat a griddle pan until smoking hot. Turn the heat to medium, then smear a little olive oil over one side of each steak. Griddle, oiled side down, for 3 mins. Turn over (theres no need to oil the other side), then cook for another 2 mins for medium-rare.
- ☐ Serve with a baked potato and a wintery salad.

Nutrition Facts



Properties

Glycemic Index:64.38, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:33.490869489701%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 854.96kcal (42.75%), Fat: 57.52g (88.49%), Saturated Fat: 21.43g (133.94%), Carbohydrates: 9.72g (3.24%), Net Carbohydrates: 8.19g (2.98%), Sugar: 0.28g (0.32%), Cholesterol: 190.4mg (63.47%), Sodium: 185.47mg (8.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.69g (143.39%), Vitamin B12: 9.45µg (157.53%), Selenium: 61.87µg (88.38%), Zinc: 12.12mg (80.81%), Vitamin B6: 1.42mg (70.87%), Vitamin B3: 14.12mg (70.62%), Phosphorus: 629.45mg (62.94%), Copper: 0.92mg (45.9%), Vitamin B2: 0.77mg (45.5%), Iron: 7.18mg (39.91%), Vitamin B5: 3.79mg (37.94%), Potassium: 1249.67mg (35.7%), Vitamin B1: 0.38mg (25.24%), Magnesium: 85.53mg (21.38%), Folate: 41.16µg (10.29%), Manganese: 0.2mg (10.07%), Vitamin E: 1.01mg (6.72%), Fiber: 1.53g (6.12%), Vitamin K: 4.23µg (4.03%), Vitamin D: 0.49µg (3.25%), Calcium: 23.99mg (2.4%), Vitamin C: 1.43mg (1.74%)