



Rosemary Grilled Steak with Tomato Jam



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce beef tenderloin steaks trimmed ()
- ☐ 1 teaspoon canola oil
- ☐ 1 teaspoon rosemary fresh minced
- ☐ 1 teaspoon garlic divided minced
- ☐ 0.3 teaspoon pepper divided freshly ground
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon shallots finely chopped

- ☐ 0.8 cup tomatoes finely chopped
- ☐ 2 tablespoons water
- ☐ 1 tablespoon balsamic vinegar white

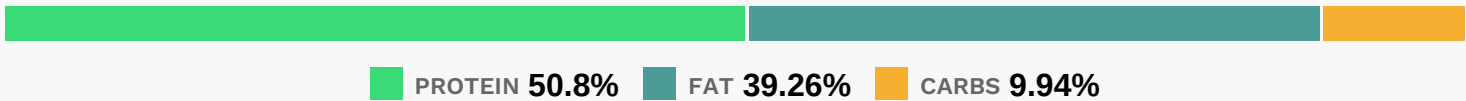
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Heat a small nonstick skillet over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add shallots to pan; cook 3 minutes, stirring occasionally. Stir in 1/2 teaspoon garlic; cook 1 minute, stirring frequently.
- ☐ Add tomato, 2 tablespoons water, vinegar, and 1/8 teaspoon salt; bring to a boil. Reduce heat, and simmer 12 minutes or until liquid almost evaporates. Stir in 1/8 teaspoon pepper; keep warm.
- ☐ Combine remaining 1/2 teaspoon garlic, remaining 1/8 teaspoon pepper, rosemary, and 1/4 teaspoon salt in a small bowl.
- ☐ Place steak on grill rack coated with cooking spray; grill 3 minutes. Turn steaks over.
- ☐ Sprinkle evenly with rosemary mixture; grill 3 minutes or until desired degree of doneness.
- ☐ Serve with tomato jam.

Nutrition Facts



Properties

Glycemic Index:90, Glycemic Load:1.63, Inflammation Score:-5, Nutrition Score:14.139130488686%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 209.13kcal (10.46%), Fat: 8.86g (13.63%), Saturated Fat: 2.65g (16.59%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 4.11g (1.49%), Sugar: 3.08g (3.42%), Cholesterol: 72.57mg (24.19%), Sodium: 504.7mg (21.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.79g (51.59%), Selenium: 34.87µg (49.82%), Vitamin B6: 0.79mg (39.34%), Vitamin B3: 7.62mg (38.11%), Zinc: 4.65mg (30.98%), Phosphorus: 257.65mg (25.77%), Vitamin B12: 1.05µg (17.58%), Potassium: 569.27mg (16.26%), Iron: 2.14mg (11.89%), Vitamin C: 8.53mg (10.34%), Vitamin A: 468.6IU (9.37%), Magnesium: 35.25mg (8.81%), Vitamin B2: 0.15mg (8.68%), Vitamin B5: 0.81mg (8.12%), Manganese: 0.16mg (7.99%), Vitamin B1: 0.11mg (7.39%), Vitamin K: 7.68µg (7.31%), Copper: 0.14mg (6.82%), Vitamin E: 1.01mg (6.73%), Folate: 24.97µg (6.24%), Calcium: 39.25mg (3.92%), Fiber: 0.93g (3.73%)