



Savory Sirloin Steak

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon yogurt plain fat-free
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.8 teaspoon rosemary fresh minced
- ☐ 1 teaspoon butter reduced-calorie
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound rump steak boneless lean (3/)
- ☐ 1 tablespoon worcestershire sauce low-sodium

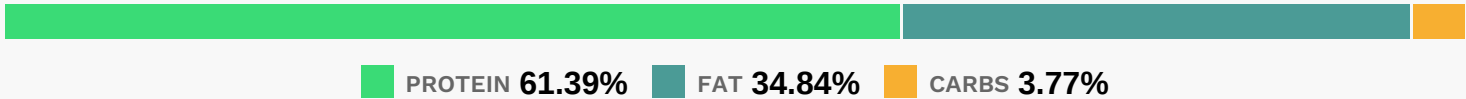
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Trim fat from steak.
- ☐ Combine rosemary and pepper; sprinkle over steak.
- ☐ Coat a large nonstick skillet with cooking spray; add margarine, and place over medium heat until margarine melts.
- ☐ Add steak, and cook 6 minutes on each side or until desired degree of doneness.
- ☐ Remove steak from pan; transfer to a serving platter, and keep warm.
- ☐ Combine yogurt, mustard, and Worcestershire sauce in a small saucepan. Cook over low heat, stirring constantly, until thoroughly heated (do not boil). Spoon sauce over steak.
- ☐ Sprinkle with parsley. If desired, garnish with rosemary sprigs and lemon wedges.
- ☐ carbo rating: 1

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:12.970434787481%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 171.13kcal (8.56%), Fat: 6.39g (9.84%), Saturated Fat: 2.17g (13.53%), Carbohydrates: 1.56g (0.52%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.87g (0.97%), Cholesterol: 69.27mg (23.09%), Sodium: 177.36mg (7.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.35g (50.69%), Selenium: 30.4µg (43.43%), Vitamin B3: 8.49mg (42.43%), Vitamin B6: 0.69mg (34.41%), Zinc: 4.79mg (31.92%), Phosphorus: 247.99mg (24.8%), Vitamin

B12: 1.38µg (23.02%), Vitamin K: 18.19µg (17.32%), Potassium: 448.05mg (12.8%), Iron: 2.21mg (12.3%), Vitamin B2: 0.14mg (8.4%), Vitamin B5: 0.79mg (7.9%), Magnesium: 30.15mg (7.54%), Vitamin B1: 0.08mg (5.52%), Calcium: 50.98mg (5.1%), Copper: 0.1mg (4.9%), Folate: 17.52µg (4.38%), Vitamin E: 0.44mg (2.92%), Vitamin A: 136.55IU (2.73%), Manganese: 0.05mg (2.47%), Vitamin C: 1.95mg (2.36%)