



Sirloin steaks with pizzaiola sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 50 ml olive oil
- ☐ 1 garlic clove roughly chopped
- ☐ 5 oz sirloin steaks
- ☐ 800 g tomatoes chopped canned
- ☐ 2 tsp oregano dried
- ☐ 4 servings new potatoes boiled
- ☐ 1 handful rocket leaves

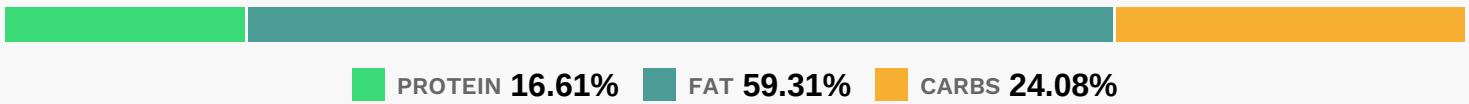
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Heat a heavy-based frying pan over a high heat, then add the olive oil and garlic. Season the meat; then, two at a time, quickly brown the steaks on both sides.
- ☐ Put all 4 steaks in the pan, add the tomatoes, season with salt and pepper, then turn down the heat.
- ☐ Sprinkle the oregano over the meat and tomatoes, partially cover the pan, then simmer gently for 10 mins.
- ☐ Lift the tender pieces of meat from the pan, cover with foil, then set aside. Increase the heat, then simmer the tomato sauce for about 10 mins, until it has reduced by half. Spoon the sauce over the steak and serve with new potatoes and a handful of rocket.

Nutrition Facts



Properties

Glycemic Index:47.19, Glycemic Load:4.34, Inflammation Score:-8, Nutrition Score:15.136956733206%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 249.08kcal (12.45%), Fat: 17.3g (26.62%), Saturated Fat: 3.8g (23.77%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 11.51g (4.18%), Sugar: 8.95g (9.95%), Cholesterol: 19.84mg (6.61%), Sodium: 285.13mg (12.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.8%), Vitamin E: 4.33mg (28.87%), Vitamin K: 28.55µg (27.19%), Vitamin C: 19.6mg (23.76%), Vitamin B6: 0.46mg (23%), Manganese: 0.45mg (22.28%), Iron: 3.8mg (21.12%), Potassium: 732.62mg (20.93%), Copper: 0.41mg (20.34%), Vitamin B3: 3.8mg (19.02%), Fiber: 4.3g (17.2%), Vitamin B12: 0.99µg (16.42%), Phosphorus: 131.31mg (13.13%), Magnesium: 52.28mg (13.07%), Vitamin B1: 0.19mg (12.77%), Zinc: 1.76mg (11.74%), Vitamin A: 564.05IU (11.28%), Vitamin B2: 0.18mg (10.47%), Selenium: 7.21µg (10.3%), Calcium: 94.09mg (9.41%), Folate: 35.29µg (8.82%), Vitamin B5: 0.7mg (7.03%)