



HEALTH SCORE

68%

Sizzling steak with shallot marinade



Gluten Free



Dairy Free



Very Healthy

READY IN



18 min.

SERVINGS



3

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 750 g rump steak thick
- ☐ 3 shallots very finely chopped
- ☐ 4 tbsp red wine vinegar
- ☐ 2 tbsp basil oil

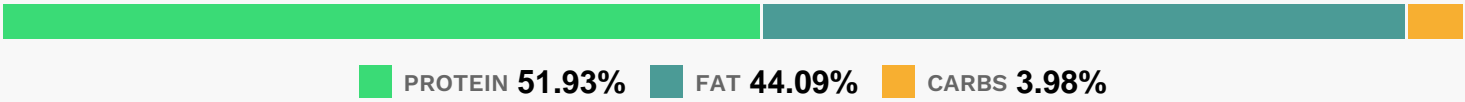
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Put the steak in a shallow dish and sprinkle with the shallots, vinegar, oil, sea salt and ground black pepper. Rub over the meat with your hands. Leave for at least a hour, or overnight in the fridge.
- ☐ Heat a griddle pan or barbecue. Cook the steaks for 3–4 mins on each side until well browned.
- ☐ Transfer to a board, cover with foil and rest for 5 mins.
- ☐ Serve thinly sliced with new potatoes and salad, or in tortillas, with lettuce, avocado and soured cream.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:1.02, Inflammation Score:-4, Nutrition Score:26.67217416948%

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

Nutrients (% of daily need)

Calories: 441.78kcal (22.09%), Fat: 20.91g (32.17%), Saturated Fat: 5.56g (34.78%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 3.45g (1.26%), Sugar: 1.97g (2.19%), Cholesterol: 152.5mg (50.83%), Sodium: 147.28mg (6.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.41g (110.82%), Vitamin B3: 18.6mg (93%), Selenium: 64.05µg (91.5%), Vitamin B6: 1.59mg (79.44%), Zinc: 10.46mg (69.71%), Phosphorus: 529.09mg (52.91%), Vitamin B12: 2.97µg (49.58%), Potassium: 946.34mg (27.04%), Iron: 4.52mg (25.09%), Vitamin B5: 1.7mg (17.02%), Vitamin B2: 0.27mg (16.03%), Magnesium: 63.54mg (15.89%), Vitamin E: 2.18mg (14.53%), Vitamin B1: 0.17mg (11.17%), Copper: 0.21mg (10.32%), Folate: 41µg (10.25%), Vitamin K: 9.07µg (8.64%), Calcium: 80.54mg (8.05%), Manganese: 0.12mg (5.86%), Fiber: 0.8g (3.2%), Vitamin C: 2.1mg (2.54%), Vitamin D: 0.25µg (1.67%)