



Sliced Steak with Herbs

 Gluten Free  Dairy Free  Low Fod Map

READY IN



23 min.

SERVINGS



2

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 servings pepper black freshly ground
- 2 lemon wedges
- 2 servings olive oil extra-virgin for coating and liberal drizzling
- 2 sprigs oregano fresh
- 0.5 cup freshly parsley leaves chopped
- 1 Sprig rosemary fresh
- 2 servings salt
- 3 inch delmonico steak bone in thick

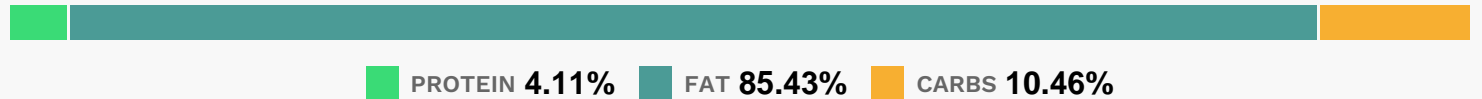
Equipment

- frying pan
- oven
- tongs

Directions

- Heat a cast iron skillet over medium-high heat and the oven to 375 degrees F.
- Coat meat in olive oil, season with pepper then throw a rosemary sprig into pan and set steak on top. Caramelize the meat evenly on both sides then transfer to oven until cooked to desired doneness, 7 to 8 minutes for medium-rare.
- Drizzle a carving board with olive oil, place steak on board.
- Let steak rest then thinly slice against the grain and dress the thinly sliced meat with olive oil, herbs and salt, tossing with tongs to combine.
- Serve garnished with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:0.48, Inflammation Score:-10, Nutrition Score:10.700000028166%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.32mg, Myricetin: 2.32mg, Myricetin: 2.32mg, Myricetin: 2.32mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 147.92kcal (7.4%), Fat: 14.8g (22.77%), Saturated Fat: 2.23g (13.95%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 2.2g (0.8%), Sugar: 0.66g (0.73%), Cholesterol: 2.32mg (0.77%), Sodium: 205.34mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Vitamin K: 267.08µg (254.36%), Vitamin C: 29.55mg

(35.81%), Vitamin A: 1304.16IU (26.08%), Vitamin E: 2.52mg (16.81%), Iron: 1.93mg (10.74%), Fiber: 1.88g (7.53%), Folate: 29.71µg (7.43%), Manganese: 0.14mg (7.15%), Calcium: 58.45mg (5.84%), Potassium: 145.19mg (4.15%), Magnesium: 15.36mg (3.84%), Vitamin B6: 0.06mg (3.22%), Zinc: 0.42mg (2.82%), Vitamin B3: 0.5mg (2.48%), Copper: 0.05mg (2.31%), Vitamin B2: 0.04mg (2.25%), Phosphorus: 20.22mg (2.02%), Vitamin B1: 0.03mg (1.81%), Selenium: 1.11µg (1.59%), Vitamin B5: 0.11mg (1.14%), Vitamin B12: 0.06µg (1.05%)