

# Star Fruit Steak

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



260 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.3 pounds beef sirloin steak
- 1 carambola cut into 1/3 inch slices (star fruit)
- 1 teaspoon ground pepper black
- 1 teaspoon seasoning salt
- 0.3 cup worcestershire sauce

## Equipment

- grill

## Directions

- Place the beef sirloin steak in a medium dish and cover with Worcestershire sauce.
- Sprinkle with ground black pepper and seasoning salt, adjusting the amounts to taste.
- Place star fruit slices around the steak. Cover and marinate in the refrigerator approximately 4 hours, turning steak once.
- Preheat an outdoor grill for high heat and lightly oil grate.
- Cook steak 3 to 5 minutes per side on the prepared grill, or to desired doneness.

## Nutrition Facts

**PROTEIN 35.57%** **FAT 56.93%** **CARBS 7.5%**

## Properties

Glycemic Index:17, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:14.5513044446614%

## Nutrients (% of daily need)

Calories: 340.63kcal (17.03%), Fat: 21.1g (32.46%), Saturated Fat: 8.53g (53.31%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 5.49g (2%), Sugar: 3.2g (3.56%), Cholesterol: 79.38mg (26.46%), Sodium: 956.39mg (41.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.66g (59.32%), Vitamin B12: 3.94µg (65.68%), Selenium: 23.67µg (33.81%), Zinc: 4.73mg (31.52%), Vitamin B6: 0.54mg (27.2%), Vitamin B3: 5.4mg (26.98%), Phosphorus: 263.91mg (26.39%), Iron: 4.14mg (22.97%), Potassium: 658.36mg (18.81%), Vitamin B2: 0.29mg (17.03%), Vitamin C: 10.81mg (13.1%), Vitamin B1: 0.16mg (10.77%), Copper: 0.2mg (9.8%), Magnesium: 34.47mg (8.62%), Vitamin B5: 0.54mg (5.35%), Manganese: 0.09mg (4.61%), Calcium: 36.28mg (3.63%), Folate: 13.15µg (3.29%), Fiber: 0.76g (3.05%)