

Star Fruit Steak

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

READY IN



260 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 pounds sirloin steak
- 1 teaspoon pepper black
- 1 teaspoon lawry's seasoned 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 36.13% **FAT 58.08%** **CARBS 5.79%**

Properties

Glycemic Index:8, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:13.709130548913%

Nutrients (% of daily need)

Calories: 333.58kcal (16.68%), Fat: 21.02g (32.34%), Saturated Fat: 8.53g (53.29%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 4.59g (1.67%), Sugar: 2.29g (2.55%), Cholesterol: 79.38mg (26.46%), Sodium: 955.93mg (41.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.42g (58.84%), Vitamin B12: 3.94µg (65.68%), Selenium: 23.53µg (33.61%), Zinc: 4.7mg (31.34%), Vitamin B6: 0.54mg (27%), Vitamin B3: 5.31mg (26.56%), Phosphorus: 261.18mg (26.12%), Iron: 4.12mg (22.87%), Potassium: 628.1mg (17.95%), Vitamin B2: 0.29mg (16.81%), Vitamin B1: 0.16mg (10.56%), Copper: 0.16mg (8.25%), Magnesium: 32.2mg (8.05%), Vitamin B5: 0.45mg (4.46%), Manganese: 0.08mg (4.18%), Vitamin C: 2.98mg (3.61%), Calcium: 35.6mg (3.56%), Folate: 10.42µg (2.61%)