



## Steak Continental

 Gluten Free  Dairy Free

READY IN



330 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 clove garlic quartered
- 0.5 teaspoon ground pepper black
- 0.5 teaspoon oregano dried
- 2 pounds round steak
- 2 teaspoons salt
- 1.5 tablespoons soya sauce
- 1 tablespoon tomato paste
- 1 tablespoon vegetable oil

# Equipment

## Directions

- Remove fat from steak and score both sides by cutting 1/4 inch deep diagonal slices forming a diamond pattern.
- Mash garlic with salt.
- Add soy sauce, tomato paste, oil, pepper and oregano.
- Mix well and rub into steak.
- Wrap in waxed paper and let stand in refrigerator 5 to 6 hours, or overnight.
- Broil or barbecue to desired degree of doneness.

## Nutrition Facts

**PROTEIN 60.76%** **FAT 37.25%** **CARBS 1.99%**

## Properties

Glycemic Index:31.75, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:26.960000654925%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 357.31kcal (17.87%), Fat: 14.29g (21.98%), Saturated Fat: 4.24g (26.52%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.62g (0.69%), Cholesterol: 142.88mg (47.63%), Sodium: 1700.91mg (73.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.44g (104.88%), Selenium: 65.26µg (93.23%), Vitamin B3: 16.06mg (80.3%), Vitamin B6: 1.55mg (77.26%), Vitamin B12: 4.29µg (71.44%), Zinc: 9.81mg (65.37%), Phosphorus: 517.5mg (51.75%), Iron: 5.23mg (29.04%), Potassium: 862.91mg (24.65%), Vitamin B2: 0.39mg (22.86%), Vitamin B5: 1.57mg (15.72%), Magnesium: 62.4mg (15.6%), Vitamin B1: 0.22mg (14.94%), Copper: 0.26mg (13.04%), Vitamin K: 11.41µg (10.86%), Folate: 31.84µg (7.96%), Vitamin E: 1.18mg (7.86%), Manganese: 0.14mg (6.87%), Calcium: 55.33mg (5.53%), Fiber: 0.4g (1.61%), Vitamin D: 0.23µg (1.51%), Vitamin C: 1.12mg (1.35%), Vitamin A: 66.69IU (1.33%)