



Steak de Burgo

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce beef tenderloin steaks ()
- ☐ 0.3 cup basil fresh chopped
- ☐ 6 large garlic clove thinly sliced
- ☐ 0.3 cup oregano fresh chopped
- ☐ 0.5 cup butter unsalted (1 stick)

Equipment

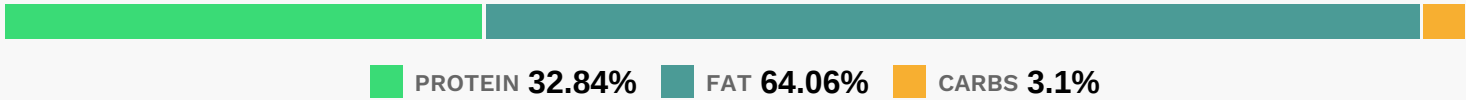
- ☐ frying pan
- ☐ sauce pan

☐ grill

Directions

- ☐ Melt butter in heavy small saucepan over medium heat.
- ☐ Remove from heat.
- ☐ Add garlic. Season to taste with salt and pepper.
- ☐ Let garlic butter stand 2 hours at room temperature.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Sprinkle steaks with salt and pepper. Grill steaks to desired doneness, about 4 minutes per side for medium-rare.
- ☐ Place pan of garlic butter at edge of grill to rewarm.
- ☐ Transfer steaks to plates. Spoon garlic butter over.
- ☐ Sprinkle with herbs and serve.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:0.47, Inflammation Score:-10, Nutrition Score:21.490434688071%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 470.19kcal (23.51%), Fat: 33.26g (51.17%), Saturated Fat: 18.35g (114.71%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.19g (0.21%), Cholesterol: 169.87mg (56.62%), Sodium: 98.25mg (4.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.37g (76.74%), Selenium: 52.94µg (75.63%), Vitamin B6: 1.15mg (57.42%), Vitamin B3: 11.1mg (55.48%), Zinc: 6.92mg (46.16%), Phosphorus: 374.48mg (37.45%), Vitamin K: 28.98µg (27.6%), Vitamin B12: 1.63µg (27.17%), Iron: 3.96mg (21.97%), Potassium: 669.22mg (19.12%), Vitamin A: 839.65IU (16.79%), Vitamin B2: 0.23mg (13.66%), Manganese: 0.26mg (13.1%), Magnesium: 49.87mg (12.47%), Vitamin B5: 1.19mg (11.91%), Vitamin E: 1.75mg (11.66%), Calcium: 102.94mg (10.29%), Vitamin B1: 0.14mg (9.47%), Copper: 0.17mg (8.6%), Folate: 31.23µg (7.81%), Fiber: 1.39g (5.57%), Vitamin D: 0.43µg (2.84%), Vitamin C: 1.74mg

(2.11%)