



Steak with Olives



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 4 garlic cloves thinly sliced
- ☐ 0.5 cup brine-cured olives pitted drained coarsely chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon red-pepper flakes dried hot
- ☐ 2 pound rump steak boneless 1-inch-thick ()

Equipment

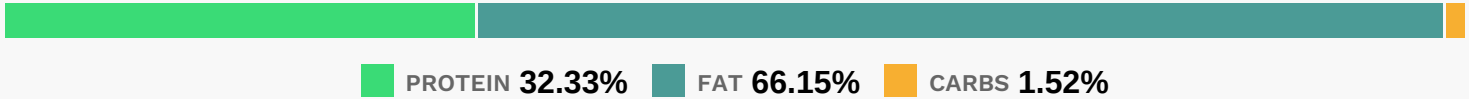
- ☐ frying pan

☐ cutting board

Directions

- ☐ Heat a dry 12-inch heavy skillet (not nonstick) over medium-high heat until hot. Pat steak dry and sprinkle with 1 teaspoon salt and 1/2 teaspoon pepper, then sear, without turning, 5 minutes (reduce heat if necessary to prevent scorching). Turn steak over and cook 5 to 6 minutes more for medium-rare.
- ☐ Transfer to a cutting board and let stand 5 minutes.
- ☐ Wipe out skillet, then cook garlic with red-pepper flakes in oil over medium heat, stirring, until golden, 1 to 2 minutes.
- ☐ Add olives and cook, stirring occasionally, 2 minutes.
- ☐ Remove from heat. Stir in parsley just before serving.
- ☐ Slice steak and serve with olive sauce.
- ☐ Per serving: 417 calories, 22g fat (4g saturated), 95mg cholesterol, 468mg sodium, 3g carbohydrates, 0g fiber, 51g protein
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.35, Inflammation Score:-6, Nutrition Score:26.812608635944%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 597.71kcal (29.89%), Fat: 43.3g (66.62%), Saturated Fat: 14.96g (93.49%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.2g (0.23%), Cholesterol: 127.01mg (42.34%), Sodium: 394.67mg (17.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.61g (95.23%), Vitamin K: 127.77µg (121.68%), Vitamin

B12: 6.3µg (105.08%), Selenium: 38.06µg (54.37%), Zinc: 7.57mg (50.48%), Vitamin B6: 0.92mg (45.81%), Vitamin B3: 8.42mg (42.1%), Phosphorus: 404.99mg (40.5%), Iron: 5.24mg (29.11%), Vitamin B2: 0.42mg (24.85%), Potassium: 766.41mg (21.9%), Vitamin B1: 0.24mg (16.23%), Vitamin A: 772.51IU (15.45%), Vitamin C: 10.91mg (13.23%), Magnesium: 52.09mg (13.02%), Vitamin E: 1.8mg (12.03%), Copper: 0.22mg (11.1%), Vitamin B5: 0.76mg (7.57%), Folate: 25.67µg (6.42%), Manganese: 0.1mg (4.79%), Calcium: 39.06mg (3.91%), Fiber: 0.95g (3.82%)