

# Mustard Crusted Steak

cal: **227.1** fat: **8.1 g** protein: **31.1 g** carbs: **6.1 g** fiber: **1 g**  
Number of Servings: 1 *1 serving counts as 1 protein*

## Ingredients

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- 100 grams lean steak or veal filet
- 1 tsp mustard powder
- 2 tsp vinegar
- 1/4 tsp sea salt
- 1/2 tsp ground black pepper
- 2 garlic cloves (minced)

## Directions

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Mix all seasoning in a mixing bowl. Line a broiler pan with foil and place steak on top. Coat evenly with mustard mixture and let stand 10 minutes. Broil steak to desired amount. (3 to 4 minutes per side for medium-rare)

Let stand 5 minutes before slicing and serving.

## Nutritional Info

Servings Per Recipe: 1

### Amount Per Serving

- Calories: 227.1
- Total Fat: 8.1 g
- Cholesterol: 89.0 mg
- Sodium: 1,817.5 mg
- Total Carbs: 6.1 g
- Dietary Fiber: 1.0 g
- Protein: 31.1 g



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