

# No Carb Pepper Stuffed Steak with Cilantro

.5 net carbs per serving for 4 servings.



- 16 ozs sirloin steak
- 3 tbsps jalapeno pepper, chopped
- 2 tbsps red bell pepper, finely chopped
- 4 ozs feta cheese, crumbled
- 1/4 c cilantro, finely chopped
- 1 tbsp extra virgin olive oil
- 1/2 tsp cumin, ground
- 1/4 tsp sea salt
- 1/4 tsp black pepper



LowCarbeDiem.com

Preheat your grill or broiler. Mix cilantro, feta, jalapeno and bell peppers together in a bowl.

Slice the side of each steak, creating a pocket in the middle, but without cutting all the way through.

Stuff pockets with cilantro pepper feta mixture. Close opening with toothpicks or skewers. Fold over into a round jelly roll shape.

Add olive oil, cumin, sea salt and pepper to taste to a bowl, mix well and rub over the steaks.

Grill or broil 5 inches from heat, 4 to 5 minutes on each side. Remove the toothpicks before serving.

Serving sizes can vary. Nutrition Facts are for total recipe.

## Nutrition Facts

Amount Per Serving	
<b>Calories</b>	1341
	Calories from Fat: 920
% Daily Values*	
<b>Total Fat</b>	100g 154%
Saturated Fat	43g 217%
<b>Cholesterol</b>	385mg 128%
<b>Sodium</b>	1499mg 62%
<b>Total Carbohydrates</b>	3g 1%
Dietary Fiber	1g 2%
<b>Protein</b>	100g
<b>Vitamin A</b>	11%
<b>Vitamin C</b>	12%
<b>Calcium</b>	59%
<b>Iron</b>	62%

\* Percent Daily Values are based on a 2000 calorie diet.