

# Air Fryer Flat Iron Steak with Garlic Butter



## INGREDIENTS

(Serves 2)

- 1 beef flat iron steak (3/4 pound)
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon butter, softened
- 1 teaspoon minced fresh parsley
- 1/2 teaspoon minced garlic
- 1/4 teaspoon reduced-sodium soy sauce

# DIRECTIONS

1. Preheat air fryer to 400F
2. Sprinkle both sides of steak liberally with salt and pepper
3. Place steak in air fryer basket and cook to desired doneness (check with meat thermometer)
4. While steak is cooking, combine butter, parsley, garlic, & soy sauce. Serve over steak.

## Nutrition Facts

2 servings per container

**Serving size** (183g)

**Amount Per Serving**

**Calories** **360**

% Daily Value\*

<b>Total Fat</b> 24g	<b>31%</b>
Saturated Fat 10.38g	<b>52%</b>
<i>Trans</i> Fat 0.86g	
<b>Cholesterol</b> 130mg	<b>43%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> < 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 33g	<b>66%</b>

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.