



A.1. Grilled Marinated Steak

 Gluten Free  Dairy Free  Low Fod Map

READY IN



84 min.

SERVINGS



24

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb beef sirloin steak boneless
- 1 tsp curry powder
- 1 Tbsp grey poupon dijon mustard
- 0.5 cup a.1. original sauce
- 1 tsp pepper sauce hot
- 0.5 tsp thyme leaves dried

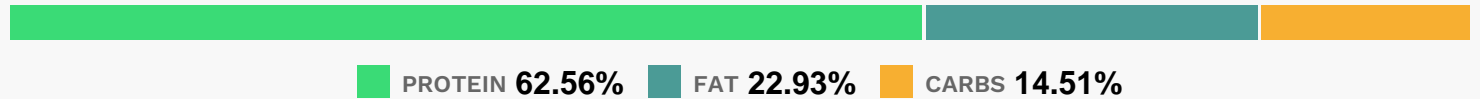
Equipment

- grill

Directions

- Mix first 5 ingredients; pour over steak in shallow glass dish. Refrigerate 1 hour to marinate, turning occasionally.
- Heat grill to medium-high heat.
- Remove steak from marinade; discard marinade.
- Grill 5 to 7 min. on each side or until medium doneness (160F).

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.9113043489987%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 42.71kcal (2.14%), Fat: 1.04g (1.6%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.43g (0.52%), Sugar: 1.15g (1.28%), Cholesterol: 16.73mg (5.58%), Sodium: 87.23mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.79%), Selenium: 8.96µg (12.8%), Vitamin B3: 1.84mg (9.21%), Vitamin B6: 0.18mg (8.99%), Zinc: 1.14mg (7.61%), Phosphorus: 60.82mg (6.08%), Vitamin B12: 0.27µg (4.44%), Potassium: 103.82mg (2.97%), Iron: 0.49mg (2.75%), Vitamin B2: 0.03mg (2.05%), Vitamin B5: 0.19mg (1.88%), Magnesium: 7.07mg (1.77%), Vitamin B1: 0.02mg (1.52%), Copper: 0.02mg (1.16%)