



All-American Grilled Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 3 tablespoons dijon mustard
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 cup cooking wine dry red
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup catsup
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons red wine vinegar

- ☐ 0.5 teaspoon salt
- ☐ 1.5 pound top round steak boneless thick lean ()

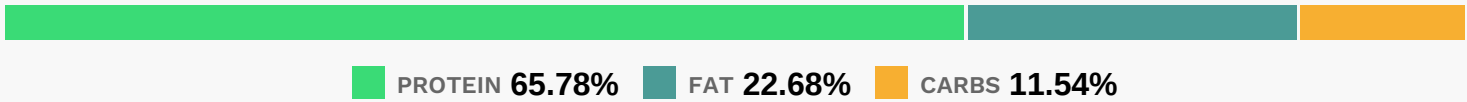
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 9 ingredients in a large heavy-duty zip-top plastic bag; add steak, and seal bag. Marinate in refrigerator 8 hours or overnight, turning bag occasionally.
- ☐ Prepare grill.
- ☐ Remove steak from bag, reserving marinade; discard bay leaf.
- ☐ Place marinade in a saucepan. Bring to a boil; remove from heat.
- ☐ Place steak on grill rack coated with cooking spray; cover and grill 5 minutes on each side or until desired degree of doneness, basting with reserved marinade.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ carbo rating: 4

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:13.83391294272%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 197.3kcal (9.86%), Fat: 4.1g (6.31%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 4.24g (1.54%), Sugar: 2.25g (2.5%), Cholesterol: 69.17mg (23.06%), Sodium: 440.22mg (19.14%), Alcohol: 4.2g (100%), Alcohol %: 3% (100%), Protein: 26.77g (53.54%), Selenium: 38.95µg (55.64%), Vitamin B6: 0.8mg (40.23%), Vitamin B3: 8mg (40%), Zinc: 5.27mg (35.12%), Phosphorus: 267.09mg (26.71%), Vitamin B12: 1.53µg (25.51%), Iron: 2.56mg (14.2%), Potassium: 471.31mg (13.47%), Vitamin B2: 0.19mg (11.18%), Magnesium: 34.19mg (8.55%), Vitamin B1: 0.13mg (8.37%), Vitamin B5: 0.81mg (8.05%), Copper: 0.14mg (7.1%), Manganese: 0.11mg (5.29%), Folate: 17.62µg (4.4%), Calcium: 35.85mg (3.59%), Vitamin E: 0.51mg (3.4%), Vitamin K: 3.49µg (3.33%), Fiber: 0.45g (1.8%), Vitamin A: 61.82IU (1.24%)