

Apricot Round Steak

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup apricot preserves
- 1 tablespoon juice of lemon
- 0.1 teaspoon hot sauce hot
- 0.5 teaspoon salt
- 1 top round

Equipment

- bowl
- sauce pan

kitchen thermometer

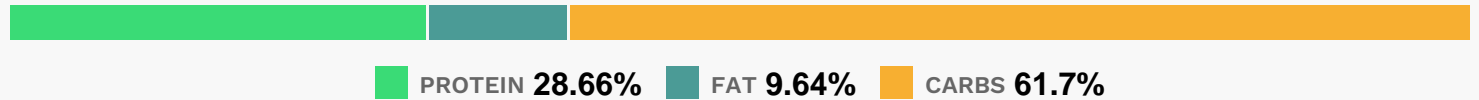
microwave

Directions

Broil beef for 6–8 minutes on each side. Meanwhile, in a small saucepan or microwave–safe bowl, combine the remaining ingredients. Cook until preserves are melted. Set aside 1/2 cup; brush remaining sauce over steak.

Broil 2–3 minutes longer or until meat reaches desired doneness (for medium–rare, a meat thermometer should read 145°; medium, 160°; well–done, 170°). Slice meat on the diagonal; serve with reserved apricot sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.5469565326753%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 90.54kcal (4.53%), Fat: 1g (1.54%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 14.34g (5.22%), Sugar: 9.67g (10.75%), Cholesterol: 17.23mg (5.74%), Sodium: 173.97mg (7.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.39%), Selenium: 9.46µg (13.51%), Vitamin B6: 0.2mg (9.86%), Vitamin B3: 1.95mg (9.77%), Zinc: 1.31mg (8.7%), Phosphorus: 64.1mg (6.41%), Vitamin B12: 0.38µg (6.36%), Iron: 0.67mg (3.71%), Potassium: 124.5mg (3.56%), Vitamin C: 2.72mg (3.3%), Vitamin B2: 0.05mg (2.75%), Copper: 0.05mg (2.64%), Magnesium: 8.07mg (2.02%), Vitamin B5: 0.2mg (1.99%), Vitamin B1: 0.03mg (1.82%), Folate: 4.56µg (1.14%), Calcium: 10.86mg (1.09%)