



Baked Sirloin Steak

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



578 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 1 cup catsup
- 1 optional: lemon sliced thin
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 0.3 cup water
- 2 onion white sliced thin
- 1 tablespoon worcestershire sauce

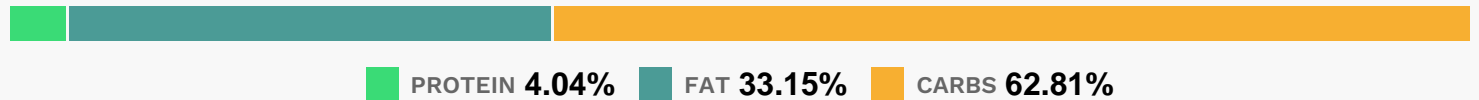
Equipment

- frying pan
- oven

Directions

- Rub both sides of steak with butter.
- Place on greased rack on shallow pan.
- Sprinkle with salt and pepper. Arrange lemon slices on steak. Top with onion slices.
- Mix ketchup, Worcestershire and water.
- Pour over steak.
- Bake at 425 degrees for 30 to 45 minutes depending on degree of doneness desired.

Nutrition Facts



Properties

Glycemic Index:134.5, Glycemic Load:6.47, Inflammation Score:-10, Nutrition Score:21.867391304348%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 47.96mg, Quercetin: 47.96mg, Quercetin: 47.96mg, Quercetin: 47.96mg

Nutrients (% of daily need)

Calories: 578.08kcal (28.9%), Fat: 23.52g (36.19%), Saturated Fat: 14.57g (91.09%), Carbohydrates: 100.29g (33.43%), Net Carbohydrates: 92.56g (33.66%), Sugar: 64.87g (72.08%), Cholesterol: 60.2mg (20.07%), Sodium: 4917.44mg (213.8%), Protein: 6.45g (12.89%), Vitamin C: 85.57mg (103.72%), Vitamin A: 1977.98IU (39.56%), Potassium: 1301.13mg (37.18%), Vitamin B6: 0.73mg (36.67%), Manganese: 0.69mg (34.37%), Fiber: 7.74g (30.95%), Vitamin B2: 0.51mg (30.17%), Vitamin E: 4.38mg (29.22%), Vitamin B3: 3.94mg (19.69%), Copper: 0.39mg (19.42%),

Folate: 77.65µg (19.41%), Magnesium: 66.97mg (16.74%), Iron: 2.97mg (16.52%), Phosphorus: 161.98mg (16.2%), Calcium: 147.23mg (14.72%), Vitamin B1: 0.19mg (12.35%), Vitamin K: 11.85µg (11.28%), Vitamin B5: 0.63mg (6.33%), Zinc: 0.93mg (6.19%), Selenium: 3.63µg (5.19%)