



Balsamic Sirloin Steaks

 Gluten Free  Dairy Free

READY IN



145 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 1.5 lbs beef top sirloin steaks boneless ()
- 1 teaspoon dijon mustard
- 2 teaspoons basil fresh chopped
- 2 teaspoons basil fresh chopped
- 2 cloves garlic crushed
- 2 tablespoons olive oil
- 4 servings salt and pepper

0.5 teaspoon sugar

Equipment

Nutrition Facts

 **PROTEIN 53.45%**  **FAT 41.25%**  **CARBS 5.3%**

Properties

Glycemic Index:80.52, Glycemic Load:1.85, Inflammation Score:-2, Nutrition Score:17.797826086957%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 296.87kcal (14.84%), Fat: 13.07g (20.11%), Saturated Fat: 3.19g (19.96%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 3.69g (1.34%), Sugar: 2.91g (3.24%), Cholesterol: 100.36mg (33.45%), Sodium: 306.86mg (13.34%), Protein: 38.11g (76.22%), Selenium: 53.03µg (75.76%), Vitamin B3: 11.02mg (55.11%), Vitamin B6: 1.09mg (54.39%), Zinc: 6.84mg (45.62%), Phosphorus: 365.63mg (36.56%), Vitamin B12: 1.6µg (26.65%), Potassium: 633.4mg (18.1%), Iron: 2.94mg (16.35%), Vitamin B2: 0.21mg (12.16%), Vitamin B5: 1.13mg (11.25%), Magnesium: 42.08mg (10.52%), Vitamin E: 1.49mg (9.94%), Vitamin B1: 0.13mg (8.86%), Copper: 0.14mg (7.05%), Vitamin K: 6.54µg (6.23%), Folate: 22.31µg (5.58%), Calcium: 45.6mg (4.56%), Manganese: 0.07mg (3.58%)