



Basil Beef

 **Gluten Free**  **Dairy Free**

READY IN



52 min.

SERVINGS



6

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbsp basil leaves dried crushed
- 1 Tbsp garlic minced
- 2 tsp ground ginger
- 0.3 cup a.1. bold & spicy sauce
- 1 peel and juice from lime grated
- 2 tsp mint flakes dried crushed
- 1.5 lb beef top round steak

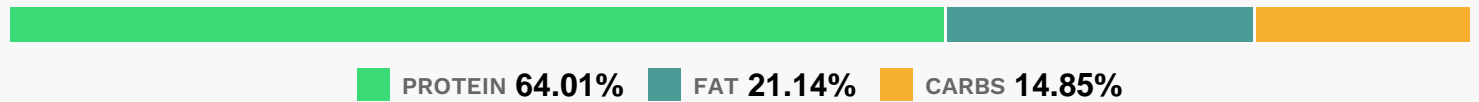
Equipment

- grill
- ziploc bags

Directions

- Mix steak sauce, lime zest, juice, garlic, basil, mint and ginger.
- Place steak in nonmetal dish or resealable plastic bag.
- Add steak sauce mixture; turn steak to evenly coat both sides. Cover. Refrigerate 30 min. to marinate.
- Preheat grill to medium-high heat.
- Remove steak from marinade; discard marinade.
- Grill steak 4 to 6 min. on each side or until cooked through.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.4, Inflammation Score:-2, Nutrition Score:15.041304311027%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 171.89kcal (8.59%), Fat: 3.93g (6.05%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 5.45g (1.98%), Sugar: 3.27g (3.63%), Cholesterol: 69.17mg (23.06%), Sodium: 232.06mg (10.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.77g (53.54%), Selenium: 36.77µg (52.52%), Vitamin B6: 0.81mg (40.47%), Vitamin B3: 7.94mg (39.69%), Zinc: 5.29mg (35.26%), Phosphorus: 261.58mg (26.16%), Vitamin B12: 1.53µg (25.51%), Iron: 3.26mg (18.12%), Manganese: 0.33mg (16.57%), Vitamin K: 14.31µg (13.63%), Potassium: 470.56mg (13.44%), Vitamin B2: 0.18mg (10.75%), Magnesium: 36.97mg (9.24%), Vitamin B5: 0.81mg (8.14%), Copper: 0.15mg (7.69%), Vitamin B1: 0.12mg (7.67%), Calcium: 51.01mg (5.1%), Folate: 20.1µg (5.02%), Vitamin C: 3.68mg (4.46%), Fiber: 0.76g (3.03%), Vitamin E: 0.43mg (2.9%)