



food
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BBQ Grill Cubed Sirloin Steak with Jalapeno BBQ Sauce

READY IN



50 min.

SERVINGS



4

CALORIES



1028 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups hickory bbq sauce smoked your favorite
- 2 tablespoons butter melted
- 0.3 cup canola oil plus more oil for grill
- 8 slices cheddar
- 4 servings coleslaw and dill pickles
- 1 tablespoon rosemary leaves fresh chopped
- 2 tablespoons garlic fresh chopped
- 1 jalapeno whole sliced thin

- 0.3 cup scallions chopped
- 1 pound "cubed" sirloin steak (4 pieces)
- 4 kaiser rolls split
- 1 large vidalia onion sliced

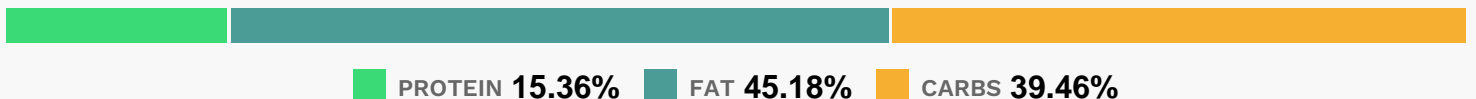
Equipment

- bowl
- grill

Directions

- Pierce the steaks with a fork to make numerous holes.
- In a medium bowl, mix BBQ sauce, scallions, garlic, rosemary, and jalapeno pepper.
- Remove 1/2 cup of mixture and reserve for rolls.
- Add 1/4 cup oil and the steaks to the bowl and let marinate for 30 minutes, or up to 2 hours.
- Preheat grill to medium and oil grates.
- Place steaks on the oiled grill and grill 3 to 4 minutes on each side.
- Remove steaks to a plate and set aside.
- Rub grill with 2 tablespoons oil. Grill onions until desired char marks are made.
- Brush the cut sides of the rolls with melted butter and toast (or grill); set aside. Top each steak with 2 slices of cheese and some grilled onions.
- Place the steaks back on the grill, and cover until cheese is melted.
- Spread toasted buns with the 1/2 cup of reserved sauce, if desired, and place the steaks on the bottom half of the rolls. Cover with the top halves and serve with coleslaw and pickles.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:23.69, Inflammation Score:-8, Nutrition Score:27.234782524731%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg,
Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg,
Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.04mg, Kaempferol: 1.04mg,
Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg
Quercetin: 12.93mg, Quercetin: 12.93mg, Quercetin: 12.93mg, Quercetin: 12.93mg

Nutrients (% of daily need)

Calories: 1027.52kcal (51.38%), Fat: 51.56g (79.33%), Saturated Fat: 18.11g (113.19%), Carbohydrates: 101.35g
(33.78%), Net Carbohydrates: 97.19g (35.34%), Sugar: 57.24g (63.6%), Cholesterol: 112.55mg (37.52%), Sodium:
2627.76mg (114.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.44g (78.87%), Iron: 14.47mg (80.37%),
Vitamin B12: 3.52µg (58.75%), Selenium: 31.29µg (44.71%), Phosphorus: 425.73mg (42.57%), Vitamin B6: 0.76mg
(38.06%), Vitamin K: 38.68µg (36.84%), Calcium: 367.84mg (36.78%), Zinc: 5.48mg (36.51%), Vitamin B2: 0.5mg
(29.57%), Vitamin E: 4.27mg (28.46%), Potassium: 926.6mg (26.47%), Vitamin B3: 5.28mg (26.41%), Vitamin A:
1070.73IU (21.41%), Manganese: 0.38mg (18.84%), Fiber: 4.16g (16.65%), Magnesium: 65.82mg (16.45%), Vitamin C:
12.88mg (15.61%), Vitamin B1: 0.23mg (15.6%), Copper: 0.29mg (14.36%), Folate: 46.86µg (11.71%), Vitamin B5:
0.89mg (8.91%), Vitamin D: 0.2µg (1.36%)