

## BBQ Steak

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

READY IN



**210 min.**

SERVINGS



**6**

CALORIES



**311 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon pepper black
- 2 tablespoons rosemary fresh chopped
- 7 cloves garlic
- 2 tablespoons mustard dijon-style prepared
- 0.5 cup olive oil
- 1 small onion chopped
- 2 teaspoons salt
- 0.5 cup soya sauce

- 2 pound tri-tip steak
- 0.5 cup vinegar

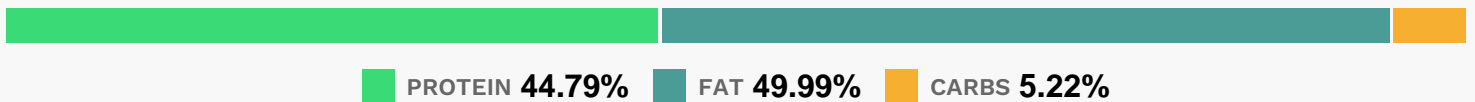
## Equipment

- food processor
- bowl
- grill
- ziploc bags

## Directions

- Place onion, garlic, olive oil, vinegar, soy sauce, rosemary, mustard, salt, and pepper into the bowl of a food processor. Process until smooth.
- Place steak in a large resealable plastic bag.
- Pour marinade over steaks, seal, and refrigerate for about 3 hours.
- Preheat the grill for high heat.
- Brush grill grate with oil. Discard marinade, and place steak on the prepared grill. Cook for 7 minutes per side, or to desired doneness.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:0.77, Inflammation Score:-4, Nutrition Score:16.252608641334%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

## Nutrients (% of daily need)

Calories: 311.37kcal (15.57%), Fat: 16.79g (25.84%), Saturated Fat: 5.29g (33.07%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.13g (1.14%), Sugar: 0.94g (1.04%), Cholesterol: 99.79mg (33.26%), Sodium: 1990.54mg (86.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.86g (67.72%), Selenium: 37.46µg (53.52%), Vitamin B3: 10.04mg (50.22%), Vitamin B6: 0.95mg (47.7%), Zinc: 5.6mg (37.35%), Phosphorus: 326.85mg (32.69%), Vitamin B12: 1.6µg (26.71%), Iron: 2.99mg (16.59%), Potassium: 568.36mg (16.24%), Manganese: 0.27mg (13.51%), Magnesium: 45.34mg (11.33%), Vitamin B2: 0.19mg (11.32%), Vitamin B5: 1.03mg (10.31%), Vitamin B1: 0.13mg (8.71%), Copper: 0.16mg (7.95%), Vitamin E: 1.03mg (6.86%), Calcium: 59.22mg (5.92%), Folate: 23.57µg (5.89%), Vitamin K: 4.86µg (4.63%), Fiber: 0.82g (3.28%), Vitamin C: 2.12mg (2.57%)