



Beer and Brown Sugar Steak Marinade

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



543 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup beer dark
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 32 ounce beef sirloin steaks
- ☐ 2 tablespoons teriyaki sauce

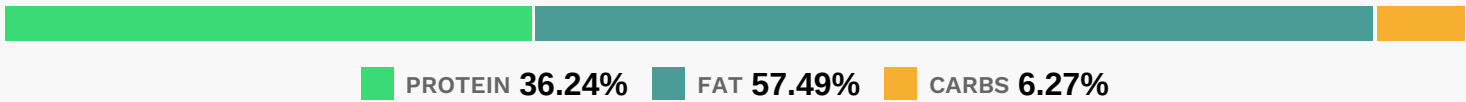
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking pan
- ☐ grill

Directions

- ☐ Preheat grill for high heat.
- ☐ Use a fork to poke holes all over the surface of the steaks, and place steaks in a large baking dish. In a bowl, mix together beer, teriyaki sauce, and brown sugar.
- ☐ Pour sauce over steaks, and let sit about 5 minutes.
- ☐ Sprinkle with 1/2 the seasoned salt, pepper, and garlic powder; set aside for 10 minutes. Turn steaks over, sprinkle with remaining seasoned salt, pepper, and garlic powder, and continue marinating for 10 more minutes.
- ☐ Remove steaks from marinade.
- ☐ Pour marinade into a small saucepan, bring to a boil, and cook for several minutes.
- ☐ Lightly oil the grill grate. Grill steaks for 7 minutes per side, or to desired doneness. During the last few minutes of grilling, baste steaks with boiled marinade to enhance the flavor and ensure juiciness.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:20.028695587474%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 542.51kcal (27.13%), Fat: 33.62g (51.73%), Saturated Fat: 13.63g (85.22%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 8.14g (2.96%), Sugar: 7.1g (7.89%), Cholesterol: 127.01mg (42.34%), Sodium: 760.4mg (33.06%),

Alcohol: 0.58g (100%), Alcohol %: 0.28% (100%), Protein: 47.69g (95.38%), Vitamin B12: 6.31µg (105.13%), Selenium: 37.78µg (53.98%), Zinc: 7.47mg (49.77%), Vitamin B6: 0.89mg (44.35%), Vitamin B3: 8.44mg (42.18%), Phosphorus: 412.74mg (41.27%), Iron: 4.81mg (26.69%), Vitamin B2: 0.42mg (24.66%), Potassium: 740.87mg (21.17%), Vitamin B1: 0.23mg (15.48%), Magnesium: 53mg (13.25%), Copper: 0.2mg (9.86%), Vitamin B5: 0.74mg (7.41%), Folate: 15.49µg (3.87%), Manganese: 0.07mg (3.54%), Calcium: 23.01mg (2.3%)