



## Bistro Steak

 Gluten Free  Dairy Free  Low Fod Map

READY IN



50 min.

SERVINGS



50

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup bull's-eye original barbecue sauce
- 1 lb beef sirloin steak boneless
- 0.5 cup roasted pepper dressing red italian kraft

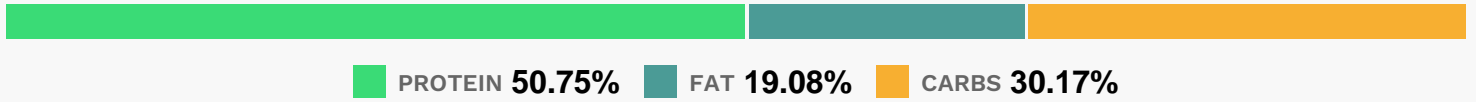
## Equipment

- grill

## Directions

- Pour dressing over steak in shallow dish; turn to evenly coat both sides of steak. Refrigerate 30 min. to marinate.
- Heat grill to medium heat.
- Remove steak from marinade. Discard marinade.
- Grill steak 13 to 16 min. or to medium doneness (160F), turning and brushing occasionally with barbecue sauce for the last few minutes.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0486956510855%

## Nutrients (% of daily need)

Calories: 16.69kcal (0.83%), Fat: 0.34g (0.53%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.95g (1.06%), Cholesterol: 5.35mg (1.78%), Sodium: 53.7mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.11%), Selenium: 2.84µg (4.05%), Vitamin B6: 0.06mg (3.08%), Vitamin B3: 0.61mg (3.06%), Zinc: 0.37mg (2.47%), Phosphorus: 19.99mg (2%), Vitamin B12: 0.09µg (1.42%), Potassium: 41.07mg (1.17%)