



## British Isles T-Bone Steak

 Dairy Free

READY IN



23 min.

SERVINGS



23

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 beef t-bone steaks (1 lb. each)
- 2 Tbsp grey poupon dijon mustard
- 0.3 cup a.1. original sauce
- 2 Tbsp malt vinegar

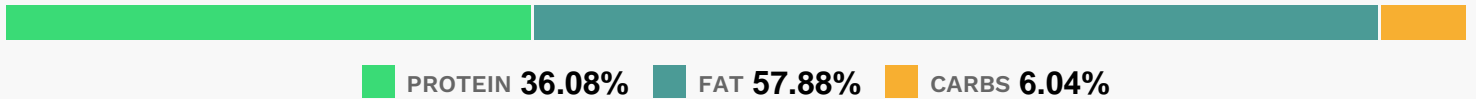
### Equipment

- grill

## Directions

- Preheat grill to medium-high heat.
- Mix steak sauce, mustard and vinegar; set aside.
- Grill steaks 7 to 9 min. on each side or until medium doneness (160F), brushing occasionally with the steak sauce mixture.
- Cut each steak in half to serve.

## Nutrition Facts



## Properties

Glycemic Index:3.57, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.6500000066083%

## Nutrients (% of daily need)

Calories: 70.85kcal (3.54%), Fat: 4.43g (6.81%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 0.98g (0.36%), Sugar: 0.81g (0.9%), Cholesterol: 16.56mg (5.52%), Sodium: 71.48mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.42%), Vitamin B12: 0.82µg (13.7%), Selenium: 5.33µg (7.61%), Zinc: 0.98mg (6.52%), Vitamin B6: 0.11mg (5.66%), Vitamin B3: 1.08mg (5.4%), Phosphorus: 52.9mg (5.29%), Iron: 0.62mg (3.42%), Vitamin B2: 0.05mg (3.18%), Potassium: 93.34mg (2.67%), Vitamin B1: 0.03mg (2.14%), Magnesium: 6.55mg (1.64%), Copper: 0.02mg (1.22%)