



Broiled Sirloin Steak and Vegetables

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef top sirloin steaks boneless
- 0.5 pound portabello mushrooms fresh cut into 1/2-inch slices
- 1 medium to 3 sized squashes yellow cut into 1-inch diagonal slices
- 1 medium onion cut into 8 wedges
- 0.3 cup salad dressing fat-free italian
- 3 tablespoons balsamic vinegar
- 0.5 teaspoon pepper black
- 2 tablespoons regular hamburger fresh italian chopped

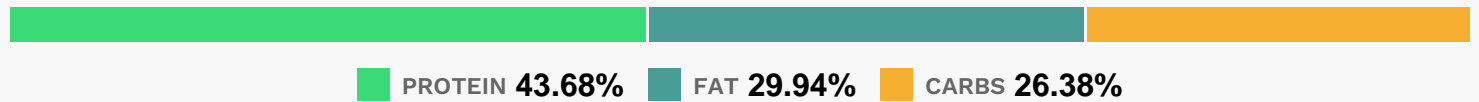
Equipment

- oven
- broiler pan

Directions

- Set oven control to broil. Spray broiler pan rack with cooking spray.
- Remove fat from beef.
- Place beef, mushrooms, squash and onion on rack in broiler pan.
- Mix dressing, vinegar and pepper; brush over beef and vegetables.
- Broil with tops of beef and vegetables 3 to 4 inches from heat 5 minutes. Turn beef; brush dressing mixture over beef and vegetables. Broil about 5 minutes longer or until beef is desired doneness and vegetables are crisp-tender. Discard any remaining dressing mixture.
- Cut beef into 4 serving pieces.
- Sprinkle parsley over beef and vegetables.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.97, Inflammation Score:-6, Nutrition Score:22.106956772182%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 259.02kcal (12.95%), Fat: 8.6g (13.23%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 14.35g (5.22%), Sugar: 8.33g (9.26%), Cholesterol: 66.9mg (22.3%), Sodium: 310.1mg (13.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.24g (56.47%), Selenium: 46.48µg (66.4%), Vitamin B3: 10.97mg (54.83%), Vitamin B6: 1.03mg (51.38%), Zinc: 5.88mg (39.2%), Phosphorus: 356.3mg (35.63%), Folate: 113.01µg (28.25%), Iron: 4.65mg (25.86%), Manganese: 0.52mg (25.82%), Potassium: 840.24mg (24.01%), Vitamin

B12: 1.33µg (22.18%), Vitamin B2: 0.35mg (20.81%), Copper: 0.32mg (16.24%), Vitamin B5: 1.54mg (15.44%), Vitamin B1: 0.22mg (14.53%), Vitamin C: 11.39mg (13.81%), Vitamin K: 14.34µg (13.65%), Magnesium: 46.29mg (11.57%), Fiber: 2.71g (10.84%), Calcium: 62.96mg (6.3%), Vitamin E: 0.87mg (5.83%), Vitamin A: 185.63IU (3.71%), Vitamin D: 0.33µg (2.17%)