



WHATSheATE

Broth Marinated BBQ Steak



Gluten Free



Dairy Free



Low Fod Map

READY IN



132 min.

SERVINGS



2

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



18 ounce barbeque sauce



16 ounce steaks beef tenderloin



10.5 ounce beef broth canned

Equipment



bowl



whisk

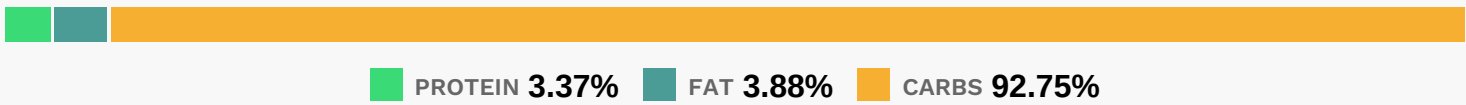


grill

Directions

- ☐ Whisk together beef broth and barbeque sauce in a medium bowl.
- ☐ Place beef tenderloin steaks in a medium bowl and cover with the beef broth and barbeque sauce mixture. Cover bowl and place in the refrigerator. Allow steaks to marinate a minimum of 2 hours (overnight is preferable).
- ☐ Preheat an outdoor grill for high heat and lightly oil grate.
- ☐ Grill steaks on the prepared grill for 7 to 8 minutes per side, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:7.6952173139738%

Nutrients (% of daily need)

Calories: 449.27kcal (22.46%), Fat: 1.93g (2.98%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 104.16g (34.72%), Net Carbohydrates: 101.86g (37.04%), Sugar: 84.71g (94.12%), Cholesterol: 0mg (0%), Sodium: 3181.67mg (138.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Potassium: 672.31mg (19.21%), Manganese: 0.34mg (16.82%), Vitamin E: 2.04mg (13.61%), Vitamin B3: 2.68mg (13.42%), Vitamin A: 571.53IU (11.43%), Iron: 1.89mg (10.48%), Vitamin B6: 0.21mg (10.31%), Vitamin B2: 0.17mg (10.24%), Calcium: 93.13mg (9.31%), Copper: 0.18mg (9.19%), Fiber: 2.3g (9.19%), Magnesium: 36.15mg (9.04%), Phosphorus: 70.38mg (7.04%), Selenium: 4.36µg (6.23%), Vitamin B5: 0.45mg (4.48%), Vitamin K: 4.59µg (4.37%), Vitamin B1: 0.06mg (4.11%), Zinc: 0.43mg (2.89%), Folate: 8.08µg (2.02%), Vitamin C: 1.53mg (1.86%), Vitamin B12: 0.1µg (1.74%)