



Cedar-Planked Southwestern Steak

 Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



30

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup heinz bbq sauce classic & sweet thick divided
- 1.5 lb beef sirloin steak boneless
- 1 Tbsp brown sugar
- 1 untreated cedar plank
- 1.5 tsp chili powder
- 0.5 tsp garlic powder
- 1 tsp ground cumin
- 1 Tbsp oil

0.3 tsp pepper

Equipment

grill

aluminum foil

Directions

Immerse plank in water, placing a weight on top of plank to keep it submerged. Soak 4 hours. About 1-1/2 hours before ready to grill the steak, combine sugar and seasonings; rub onto both sides of steak. Refrigerate until ready to grill.

Heat grill to high heat. Grill steak 2 min. on each side; remove from grill.

Remove plank from water; brush top of plank with oil. Top with steak.

Place on grill grate; cover with lid. Reduce grill to medium heat.

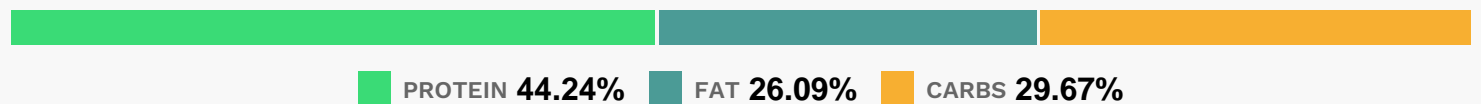
Grill 15 min. or until steak is medium doneness (160F), brushing with 1/4 cup barbecue sauce after 10 min.

Remove steak from grill; discard plank. Cover steak loosely with foil; let stand 5 min.

Cut steak across the grain into thin slices.

Serve with remaining barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:1.4, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.6317391393949%

Nutrients (% of daily need)

Calories: 47.59kcal (2.38%), Fat: 1.35g (2.08%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.33g (1.21%), Sugar: 2.77g (3.08%), Cholesterol: 13.38mg (4.46%), Sodium: 88.82mg (3.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Selenium: 7.13µg (10.18%), Vitamin B3: 1.53mg (7.65%), Vitamin B6: 0.15mg (7.6%), Zinc: 0.93mg (6.2%), Phosphorus: 50.28mg (5.03%), Vitamin B12: 0.21µg (3.55%), Potassium: 102.75mg (2.94%), Iron: 0.49mg (2.7%), Vitamin B2: 0.03mg (1.93%), Vitamin E: 0.26mg (1.71%), Magnesium: 6.7mg (1.67%), Vitamin B5: 0.16mg (1.62%), Vitamin B1: 0.02mg (1.31%), Copper: 0.03mg (1.26%),

Vitamin A: 56.98IU (1.14%)