



Chopped Steak

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup bull's-eye original barbecue sauce
- 2 cloves garlic minced
- 1 lb ground sirloin
- 0.5 cup onions chopped
- 0.5 tsp pepper

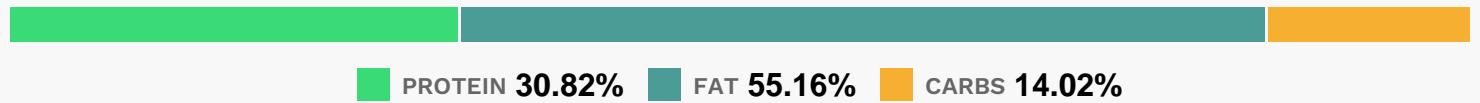
Equipment

- grill

Directions

- Heat grill to medium-high heat.
- Mix meat, onions, garlic and pepper. Shape into 4 (1/2-inch-thick) oval patties.
- Grill patties 5 min.
- Brush with 2 Tbsp. barbecue sauce; turn over. Grill 5 min. or until medium doneness (160F).
- Remove patties from grill. Top evenly with the remaining barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:4.45, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:2.2291304047989%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 57.08kcal (2.85%), Fat: 3.43g (5.28%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.84g (0.67%), Sugar: 1.36g (1.51%), Cholesterol: 15.42mg (5.14%), Sodium: 52.01mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Vitamin B12: 0.49µg (8.2%), Zinc: 1.03mg (6.89%), Vitamin B3: 1.08mg (5.42%), Selenium: 3.69µg (5.28%), Vitamin B6: 0.09mg (4.49%), Phosphorus: 41.2mg (4.12%), Iron: 0.52mg (2.86%), Potassium: 82.91mg (2.37%), Vitamin B2: 0.04mg (2.23%), Vitamin B5: 0.14mg (1.38%), Magnesium: 5.11mg (1.28%), Manganese: 0.02mg (1.17%), Copper: 0.02mg (1.04%)