



Cola Marinated Sirloin Steak



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cola-flavored carbonated beverage
- ☐ 2 tablespoons dijon mustard
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground pepper black
- ☐ 1 tablespoon horseradish prepared
- ☐ 2 pounds rump steak
- ☐ 0.5 cup soya sauce

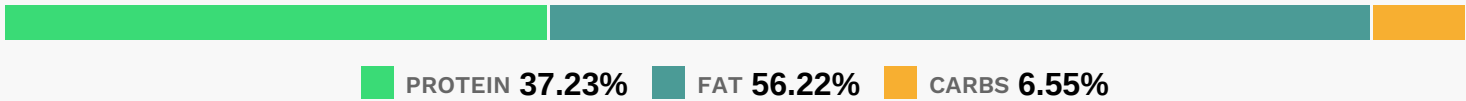
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Whisk together cola, soy sauce, Dijon mustard, horseradish, garlic, and black pepper in a bowl and pour into a resealable plastic bag.
- ☐ Add steak, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 24 hours.
- ☐ Preheat the grill to 400 degrees F (200 degrees C).
- ☐ Remove steak from resealable bag and discard remaining marinade.
- ☐ Cook steak on the preheated grill to desired doneness, about 5 minutes per side. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C).

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:2.73, Inflammation Score:-2, Nutrition Score:15.019565323773%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 368.39kcal (18.42%), Fat: 22.64g (34.83%), Saturated Fat: 9.11g (56.93%), Carbohydrates: 5.93g (1.98%), Net Carbohydrates: 5.37g (1.95%), Sugar: 4.14g (4.6%), Cholesterol: 84.67mg (28.22%), Sodium: 1228.92mg (53.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.15mg (1.05%), Protein: 33.73g (67.46%), Vitamin B12: 4.2µg (70.05%), Selenium: 27.07µg (38.67%), Zinc: 5.12mg (34.12%), Vitamin B6: 0.63mg (31.59%), Vitamin B3: 6.3mg (31.5%), Phosphorus: 300.38mg (30.04%), Iron: 3.68mg (20.45%), Vitamin B2: 0.31mg (18.07%), Potassium: 531.06mg (15.17%), Vitamin B1: 0.17mg (11.64%), Magnesium: 41.87mg (10.47%), Manganese: 0.2mg (10.01%), Copper: 0.16mg (7.93%), Vitamin B5: 0.57mg (5.69%), Folate: 14.41µg (3.6%), Fiber: 0.56g (2.23%), Calcium: 21.56mg (2.16%),

Vitamin C: 0.95mg (1.16%)