



Elk Steak Marinade



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



4

CALORIES



271 kcal

SEASONING

MARINADE

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 1.5 pounds elk steaks
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons onion minced
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon worcestershire sauce

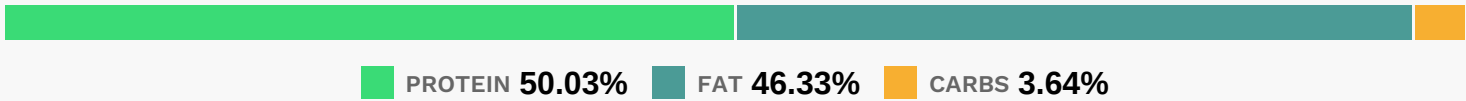
Equipment

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

Directions

- ☐ Whisk canola oil, onion, lemon juice, Worcestershire sauce, soy sauce, garlic powder, and pepper in a bowl until marinade is well mixed.
- ☐ Place elk steak in a large resealable plastic bag and pour marinade over meat. Coat meat with marinade, squeeze out excess air, and seal bag. Marinate in the refrigerator for at least 4 hours, turning occasionally.
- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Drain elk steak and discard marinade.
- ☐ Cook steaks on the preheated grill until they are beginning to firm and are hot and slightly pink in the center, 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:19.75, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:20.27043493578%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 271.42kcal (13.57%), Fat: 14.1g (21.7%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.83g (0.92%), Cholesterol: 0mg (0%), Sodium: 380.5mg (16.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.27g (68.54%), Vitamin B6: 1.55mg (77.44%), Vitamin B3: 11.5mg (57.52%), Vitamin B12: 3.01µg (50.18%), Zinc: 7.14mg (47.59%), Selenium: 27.15µg (38.79%), Phosphorus: 379.36mg (37.94%), Vitamin B2: 0.47mg (27.94%), Iron: 4.27mg (23.74%), Potassium: 691.23mg (19.75%), Vitamin B1: 0.28mg (18.85%), Copper: 0.27mg (13.47%), Vitamin E: 1.86mg (12.37%), Magnesium: 44.91mg (11.23%), Vitamin B5: 1.11mg (11.09%), Vitamin K: 7.96µg (7.58%), Manganese: 0.09mg (4.36%), Vitamin C: 2.38mg (2.89%), Calcium: 15.33mg (1.53%), Fiber: 0.26g (1.05%)