



Garlic and Thyme Grilled Sirloin



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup steak sauce
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 lb beef top sirloin steaks boneless

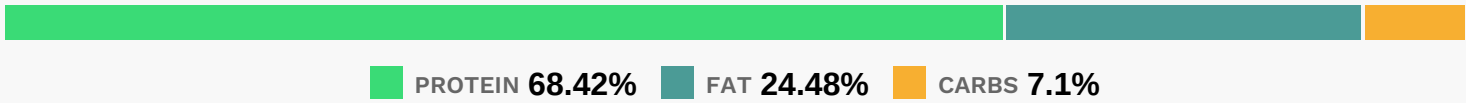
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small bowl, combine all ingredients except steak; mix well.
- ☐ Brush both sides of steak with some of sauce mixture; reserve remaining mixture.
- ☐ When grill is heated, place steak on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 8 to 13 minutes or until of desired doneness, turning once or twice and brushing occasionally with reserved sauce mixture.
- ☐ Cut steak into serving-sized pieces or slices. If desired, serve with additional steak sauce.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:17.85869555888%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 233.15kcal (11.66%), Fat: 6.08g (9.35%), Saturated Fat: 2.23g (13.93%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.61g (1.31%), Sugar: 1.47g (1.63%), Cholesterol: 100.36mg (33.45%), Sodium: 338.96mg (14.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.2g (76.4%), Selenium: 52.73µg (75.33%), Vitamin B3: 11.16mg (55.78%), Vitamin B6: 1.1mg (55.19%), Zinc: 6.88mg (45.86%), Phosphorus: 366.73mg (36.67%), Vitamin B12: 1.6µg (26.65%), Potassium: 664.13mg (18.98%), Iron: 3.03mg (16.86%), Vitamin B2: 0.22mg (12.67%), Vitamin B5: 1.13mg (11.26%), Magnesium: 42.83mg (10.71%), Vitamin B1: 0.14mg (9.07%), Copper: 0.17mg (8.4%), Folate: 23.49µg (5.87%), Manganese: 0.11mg (5.28%), Calcium: 45.06mg (4.51%), Vitamin E: 0.65mg (4.34%), Vitamin K: 2.63µg (2.51%), Vitamin C: 1.87mg (2.27%), Fiber: 0.35g (1.4%), Vitamin A: 56.89IU (1.14%)