



 **56%**
HEALTH SCORE

Glazed Sirloin with Leeks

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



8

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon ground coriander
- 0.3 cup dijon honey mustard
- 8 medium leeks
- 1 tablespoon juice of lime fresh
- 0.5 cup no-sugar-added peach spread
- 2 teaspoons olive oil
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

2 pound top sirloin steaks boneless lean (1/)

Equipment

grill

microwave

Directions

Sprinkle steaks with salt and pepper; set aside.

Remove and discard roots, tough outer leaves, and tops from leeks, leaving 2 inches of dark leaves. Set aside.

Combine peach spread and next 4 ingredients in a glass measure. Microwave at HIGH 1 minute; set aside half of mixture.

Coat grill rack with cooking spray; place on grill over medium coals (300 to 350).

Place steaks and leeks on rack; grill, covered, 5 minutes on each side or until steaks are desired degree of doneness, basting often with half of peach mixture.

Serve with reserved peach mixture. If desired, garnish with cilantro and lime and peach slices.

Nutrition Facts



PROTEIN 47.99% **FAT 21.49%** **CARBS 30.52%**

Properties

Glycemic Index:8, Glycemic Load:3.54, Inflammation Score:-8, Nutrition Score:19.447826095249%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 232.9kcal (11.64%), Fat: 5.3g (8.15%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 15.27g (5.55%), Sugar: 6g (6.66%), Cholesterol: 66.9mg (22.3%), Sodium: 265.79mg (11.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.61g (53.22%), Selenium: 35.84µg (51.2%), Vitamin B6: 0.92mg

(46.02%), Vitamin K: 43.79µg (41.71%), Vitamin B3: 7.7mg (38.48%), Zinc: 4.65mg (30.99%), Vitamin A: 1484.91IU (29.7%), Phosphorus: 271.04mg (27.1%), Manganese: 0.45mg (22.52%), Iron: 3.72mg (20.66%), Folate: 71.9µg (17.97%), Vitamin B12: 1.07µg (17.77%), Potassium: 568.89mg (16.25%), Vitamin C: 11.26mg (13.64%), Magnesium: 51.47mg (12.87%), Copper: 0.2mg (9.81%), Vitamin B2: 0.16mg (9.61%), Vitamin B1: 0.14mg (9.28%), Vitamin B5: 0.87mg (8.69%), Vitamin E: 1.29mg (8.57%), Calcium: 78.54mg (7.85%), Fiber: 1.65g (6.61%)