



## Grilled Balsamic- and Roasted Garlic-Marinated Steak

 Gluten Free  Dairy Free

READY IN



510 min.

SERVINGS



6

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup balsamic vinegar
- 2 tablespoons brown sugar packed
- 0.3 cup chili sauce
- 0.3 teaspoon pepper
- 0.5 teaspoon seasoning italian
- 2 teaspoons roasted garlic chopped (from 4-oz jar)
- 0.3 teaspoon salt

- 0.5 lb top round boneless thick
- 2 tablespoons vegetable oil

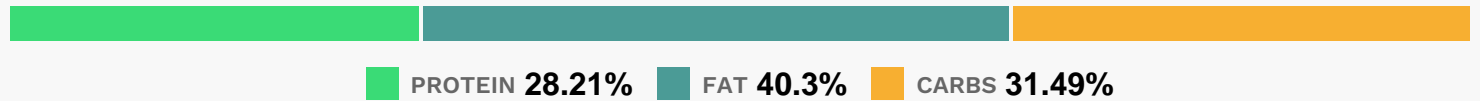
## Equipment

- grill

## Directions

- In shallow glass dish or resealable plastic food-storage bag, mix all ingredients except beef.
- Add beef; turn to coat. Cover dish or seal bag. Refrigerate at least 8 hours or overnight, turning beef occasionally.
- Heat coals or gas grill for direct heat.
- Remove beef from marinade; reserve marinade.
- Cover and grill beef over medium heat 12 to 18 minutes, turning and brushing with marinade once or twice, until desired doneness. Discard any remaining marinade. To serve, cut beef across grain into slices.

## Nutrition Facts



## Properties

Glycemic Index:19.5, Glycemic Load:1.91, Inflammation Score:-1, Nutrition Score:5.8234782685404%

## 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: 135.34kcal (6.77%), Fat: 5.86g (9.01%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 9.91g (3.6%), Sugar: 8.59g (9.54%), Cholesterol: 23.06mg (7.69%), Sodium: 279.75mg (12.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.22g (18.45%), Selenium: 12.39µg (17.69%), Vitamin B6: 0.29mg (14.54%), Vitamin B3: 2.8mg (14.01%), Zinc: 1.78mg (11.87%), Vitamin K: 10.57µg (10.07%), Phosphorus: 96.69mg (9.67%), Vitamin B12: 0.51µg (8.5%), Potassium: 219.44mg (6.27%), Iron: 1.11mg (6.14%), Vitamin E: 0.73mg (4.87%), Vitamin B2: 0.07mg (3.86%), Magnesium: 14.57mg (3.64%), Manganese: 0.07mg (3.58%), Copper: 0.07mg (3.39%), Vitamin B1: 0.05mg (3.24%), Vitamin B5: 0.27mg (2.71%), Vitamin C: 2.14mg (2.59%), Calcium: 24.55mg (2.45%),

Folate: 6.79µg (1.7%), Vitamin A: 80.73IU (1.61%), Fiber: 0.39g (1.54%)