



## Grilled BBQ Steak

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



25

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup heinz bbq sauce classic & sweet thick
- 1.5 lb beef sirloin steak boneless thick
- 1 dash ground cinnamon
- 2 Tbsp orange marmalade

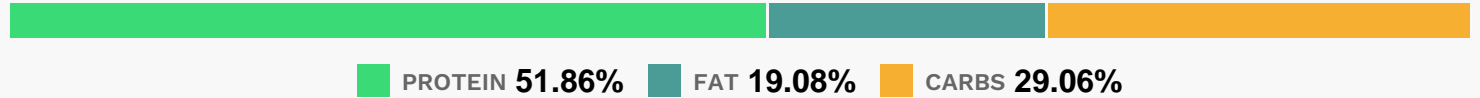
## Equipment

- grill

## Directions

- Heat grill to medium-high heat.
- Mix barbecue sauce, marmalade and cinnamon until blended.
- Grill steak 8 to 10 min. on each side or until medium doneness (160F), brushing with barbecue sauce mixture after turning steak.

## Nutrition Facts



## Properties

Glycemic Index:0.2, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.8882608692283%

## Nutrients (% of daily need)

Calories: 48.44kcal (2.42%), Fat: 1g (1.54%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 3.34g (1.22%), Sugar: 2.86g (3.18%), Cholesterol: 16.06mg (5.35%), Sodium: 75.06mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.23%), Selenium: 8.47µg (12.1%), Vitamin B3: 1.8mg (8.98%), Vitamin B6: 0.18mg (8.78%), Zinc: 1.1mg (7.33%), Phosphorus: 58.66mg (5.87%), Vitamin B12: 0.26µg (4.26%), Potassium: 111.19mg (3.18%), Iron: 0.48mg (2.67%), Vitamin B2: 0.04mg (2.13%), Vitamin B5: 0.19mg (1.88%), Magnesium: 7.06mg (1.76%), Vitamin B1: 0.02mg (1.45%), Copper: 0.03mg (1.33%)