



Grilled Blood Orange Chuck Steak



Gluten Free



Dairy Free

READY IN



505 min.

SERVINGS



6

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef chuck steak
- ☐ 0.5 cup blood orange marmalade
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon ground ginger
- ☐ 2 tablespoons orange juice
- ☐ 1.5 teaspoons orange zest grated
- ☐ 0.3 cup mojo criollo dressing prepared

- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup water

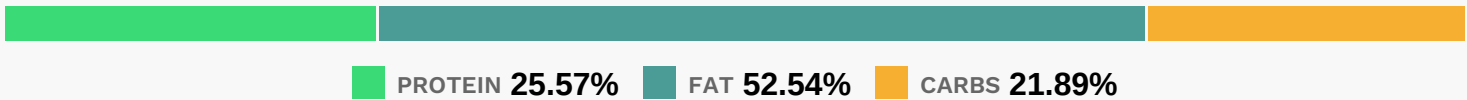
Equipment

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

Directions

- ☐ Mix marmalade, water, soy sauce, mojo criollo dressing, brown sugar, orange juice, ginger, garlic powder, and orange zest in a bowl. Measure 1 cup marinade and pour into a large resealable plastic bag; add beef to bag. Seal bag and turn beef inside bag to coat completely. Marinate in refrigerator, turning occasionally, for at least 8 hours to overnight. Cover bowl with remaining marinade and refrigerate.
- ☐ Remove beef from marinade; discard used marinade.
- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Grill beef on the preheated grill, basting frequently with reserved marinade, until desired doneness is reached, 5 to 10 minutes per side. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C).

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:17.771739037141%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 459.84kcal (22.99%), Fat: 27.22g (41.87%), Saturated Fat: 10.61g (66.33%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 25.13g (9.14%), Sugar: 22.74g (25.27%), Cholesterol: 107.09mg (35.7%), Sodium: 748.12mg (32.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.8g (59.61%), Zinc: 11.22mg (74.79%), Vitamin B12: 4µg (66.68%), Selenium: 30.8µg (44%), Vitamin B3: 7.08mg (35.42%), Vitamin B6: 0.65mg (32.32%), Phosphorus: 298.52mg (29.85%), Iron: 3.66mg (20.32%), Potassium: 574.71mg (16.42%), Vitamin B2: 0.25mg (14.48%), Vitamin B5: 1.07mg (10.67%), Manganese: 0.19mg (9.7%), Magnesium: 36.95mg (9.24%), Vitamin B1: 0.13mg (8.99%), Vitamin K: 9.16µg (8.73%), Copper: 0.14mg (7.07%), Vitamin C: 4.86mg (5.89%), Calcium: 39.69mg (3.97%), Vitamin E: 0.55mg (3.69%), Folate: 11.08µg (2.77%), Fiber: 0.39g (1.55%), Vitamin A: 59.31IU (1.19%), Vitamin D: 0.15µg (1.01%)