



Grilled Glazed Peppered Steak



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup orange marmalade
- ☐ 0.3 cup balsamic vinegar white
- ☐ 2 teaspoons pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 lb pork loin chops boneless

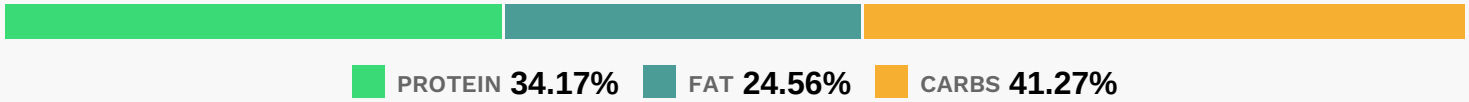
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In 1-quart saucepan, mix marmalade and vinegar. Cook over low heat, stirring constantly, until marmalade is melted. Rub pepper and salt on both sides of each beef steak.
- ☐ Place beef on grill rack over medium-high heat. Cover grill; cook 8 to 12 minutes, turning once or twice and brushing with marmalade glaze during last 2 minutes of grilling, until desired doneness.
- ☐ Heat any remaining glaze to boiling. Boil and stir 1 minute.
- ☐ Serve glaze with beef.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.48, Inflammation Score:-2, Nutrition Score:13.795652187389%

Nutrients (% of daily need)

Calories: 290.7kcal (14.54%), Fat: 7.9g (12.16%), Saturated Fat: 2.79g (17.45%), Carbohydrates: 29.87g (9.96%), Net Carbohydrates: 29.34g (10.67%), Sugar: 26.39g (29.32%), Cholesterol: 75.98mg (25.33%), Sodium: 371.38mg (16.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.74g (49.48%), Selenium: 37.82µg (54.04%), Vitamin B1: 0.76mg (50.63%), Vitamin B3: 9.09mg (45.45%), Vitamin B6: 0.83mg (41.69%), Phosphorus: 262.49mg (26.25%), Potassium: 468.97mg (13.4%), Vitamin B2: 0.22mg (13.03%), Zinc: 1.8mg (11.99%), Vitamin B12: 0.6µg (10.02%), Magnesium: 33.91mg (8.48%), Vitamin B5: 0.84mg (8.44%), Manganese: 0.17mg (8.25%), Copper: 0.12mg (5.86%), Iron: 0.84mg (4.67%), Calcium: 32.05mg (3.21%), Vitamin D: 0.45µg (3.02%), Vitamin C: 1.92mg (2.33%), Fiber: 0.53g (2.13%), Vitamin K: 1.64µg (1.56%), Vitamin E: 0.18mg (1.21%)