



## Grilled Lemon-Herb Steaks

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

READY IN



271 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup vegetable oil
- 0.5 teaspoon lemon zest grated
- 2 tablespoons juice of lemon fresh
- 1 tablespoon wine dry white dry flavored (from 32-oz carton)
- 1 teaspoon sage dried fresh crumbled chopped
- 1 teaspoon oregano dried fresh chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

4 beef top sirloin steaks boneless

## Equipment

grill

## Directions

- Mix all ingredients except beef steaks in shallow glass or plastic dish.
- Add beef; turn to coat with marinade. Cover and refrigerate at least 4 hours, turning beef occasionally.
- Heat coals or gas grill for direct heat.
- Remove beef from marinade; discard marinade. Cover and grill beef 4 to 5 inches from medium heat 12 to 16 minutes for medium doneness, turning once.

## Nutrition Facts

PROTEIN **45.59%** FAT **53.36%** CARBS **1.05%**

## Properties

Glycemic Index:13, Glycemic Load:0.04, Inflammation Score:-6, Nutrition Score:28.392608479961%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 454.82kcal (22.74%), Fat: 26.24g (40.36%), Saturated Fat: 5.75g (35.94%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.84g (0.3%), Sugar: 0.26g (0.29%), Cholesterol: 133.34mg (44.45%), Sodium: 417.7mg (18.16%), Alcohol: 0.39g (100%), Alcohol %: 0.19% (100%), Protein: 50.44g (100.88%), Selenium: 69.65µg (99.5%), Copper: 1.7mg (84.81%), Vitamin B3: 14.66mg (73.28%), Vitamin B6: 1.43mg (71.53%), Zinc: 9.07mg (60.49%), Phosphorus: 479.29mg (47.93%), Vitamin K: 39.22µg (37.35%), Vitamin B12: 2.12µg (35.41%), Potassium: 827.76mg (23.65%), Iron: 3.91mg (21.75%), Vitamin B2: 0.28mg (16.27%), Vitamin B5: 1.5mg (14.97%), Vitamin E: 2.22mg (14.82%), Magnesium: 55.26mg (13.82%), Vitamin B1: 0.17mg (11.61%), Folate: 32.16µg (8.04%), Calcium: 62.84mg (6.28%), Manganese: 0.12mg (6.08%), Vitamin C: 3.24mg (3.92%), Fiber: 0.33g (1.32%)