



Grilled Marinated Sirloin Flap Steaks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 4 garlic clove chopped
- ☐ 3 tablespoons maple syrup pure
- ☐ 2 pounds rump steak
- ☐ 3 tablespoons soya sauce

Equipment

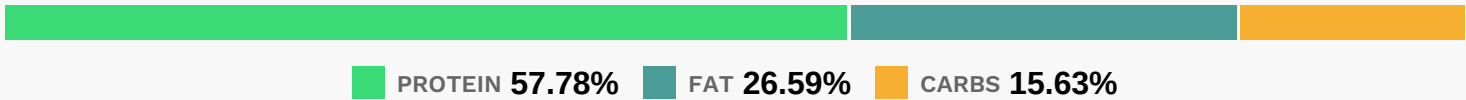
- ☐ blender
- ☐ grill

☐ grill pan

Directions

- ☐ Blend soy sauce, vinegar, syrup, garlic, 1/2 teaspoon salt, and 1/2 teaspoon pepper in a blender until smooth. Toss steaks with mixture. Marinate at room temperature about 15 minutes.
- ☐ Prepare a grill for direct-heat cooking over hot charcoal (high heat for gas); see grilling procedure.
- ☐ Discard marinade and pat steaks dry.
- ☐ Oil grill rack, then grill steaks, covered only if using a gas grill, turning occasionally, 6 to 8 minutes total for medium-rare.
- ☐ Let rest on a plate, uncovered, 10 minutes.
- ☐ •Steaks can be marinated up to 8 hours. •Steaks can be cooked in a hot oiled 2-burner grill pan over medium-high heat.

Nutrition Facts



Properties

Glycemic Index:21.92, Glycemic Load:3.39, Inflammation Score:-2, Nutrition Score:16.810434759959%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 246.54kcal (12.33%), Fat: 7g (10.78%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 9.26g (3.09%), Net Carbohydrates: 9.15g (3.33%), Sugar: 7.36g (8.18%), Cholesterol: 92.23mg (30.74%), Sodium: 592mg (25.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.24g (68.48%), Vitamin B3: 11.6mg (57.98%), Selenium: 38.91µg (55.59%), Vitamin B6: 0.95mg (47.57%), Zinc: 6.4mg (42.65%), Phosphorus: 326.23mg (32.62%), Vitamin B12: 1.8µg (29.99%), Vitamin B2: 0.3mg (17.92%), Manganese: 0.34mg (17%), Potassium: 575.66mg (16.45%), Iron: 2.78mg (15.45%), Magnesium: 41.94mg (10.48%), Vitamin B5: 1.03mg (10.32%), Vitamin B1: 0.11mg (7.21%), Copper: 0.13mg (6.53%), Calcium: 60.82mg (6.08%), Folate: 21.34µg (5.33%), Vitamin E: 0.5mg (3.34%), Vitamin K: 2µg (1.9%), Vitamin D: 0.15µg (1.01%)