



## Grilled Peppercorn Sirloin

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

READY IN



45 min.

SERVINGS



3

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup apple-kiwi dressing
- 0.3 teaspoon salt
- 0.8 pound rump steak boneless thick trimmed ()
- 2 teaspoons coarsely ground peppercorns mixed

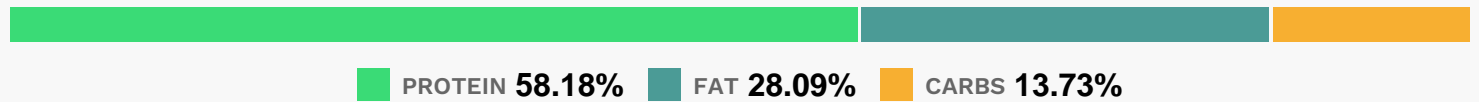
### Equipment

- grill
- ziploc bags

## Directions

- Combine Apple-Kiwi Dressing and steak in a large zip-top plastic bag. Seal and marinate in refrigerator 4 hours, turning bag occasionally.
- Prepare grill to high heat.
- Remove steak from marinade; discard marinade.
- Combine peppercorns and salt; sprinkle over both sides of steak.
- Place on grill rack coated with cooking spray; grill 4 minutes on each side or until desired degree of doneness.
- Remove from grill; cover and let stand 10 minutes.
- Cut across grain into thin slices.
- Wine note: To me, steak says cabernet sauvignon. But with this dish, I'd choose cabernet for another reason, too--the peppercorns, which have a definitive flavor that's bold enough to need a structured red as a contrast. Cabernets are usually pricey, but here's a terrific quaffer that's a steal: Raymond Vineyards "Amberhill" Cabernet Sauvignon. The 2002 is \$ -Karen MacNeil

## Nutrition Facts



## Properties

Glycemic Index:28.22, Glycemic Load:2.07, Inflammation Score:-3, Nutrition Score:15.351304108682%

## Flavonoids

Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 177.56kcal (8.88%), Fat: 5.46g (8.41%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 4.38g (1.59%), Sugar: 2.67g (2.97%), Cholesterol: 69.17mg (23.06%), Sodium: 260.49mg (11.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.46g (50.93%), Vitamin B3: 8.56mg (42.78%), Selenium: 29.12µg (41.6%), Vitamin B6: 0.71mg (35.4%), Zinc: 4.77mg (31.81%), Vitamin C: 22.04mg (26.71%), Phosphorus:

247.13mg (24.71%), Vitamin B12: 1.35µg (22.49%), Manganese: 0.42mg (20.97%), Vitamin K: 18.16µg (17.3%), Potassium: 485.26mg (13.86%), Iron: 2.21mg (12.25%), Magnesium: 35.82mg (8.96%), Vitamin B5: 0.83mg (8.34%), Copper: 0.16mg (8.07%), Vitamin B2: 0.13mg (7.88%), Fiber: 1.63g (6.51%), Folate: 22.91µg (5.73%), Calcium: 55.19mg (5.52%), Vitamin B1: 0.08mg (5.35%), Vitamin E: 0.79mg (5.25%)