



Grilled Sirloin with Red Pepper Puree

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon beef-flavored bouillon granules
- 1 pound beef sirloin steak boneless lean (3/)
- 0.3 teaspoon pepper black
- 2 tablespoons cooking wine dry white
- 0.3 cup green onions chopped
- 7 ounce roasted bell peppers red undrained
- 0.3 teaspoon salt

Equipment

- frying pan
- blender
- grill

Directions

- Prepare grill.
- Trim excess fat from steak; sprinkle with salt and black pepper.
- Place steak on grill rack coated with cooking spray; grill, uncovered, 8 minutes on each side or until desired degree of doneness. Set aside; keep warm.
- Place peppers and liquid, green onions, wine, and bouillon granules in a skillet; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Cool slightly.
- Transfer pepper mixture to a blender; process until pureed. Strain mixture, discarding liquid; return puree to pan to heat thoroughly.
- Cut steak into 4 equal portions, and place on a serving plate. Spoon red pepper puree over each portion.

Nutrition Facts

PROTEIN 67.7% **FAT 24.71%** **CARBS 7.59%**

Properties

Glycemic Index:19.75, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:15.288260864175%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 162.93kcal (8.15%), Fat: 4.2g (6.47%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.34g (0.38%), Cholesterol: 66.92mg (22.31%), Sodium: 1009.76mg (43.9%), Alcohol: 0.77g (100%), Alcohol %: 0.54% (100%), Protein: 25.91g (51.82%), Selenium: 35.28µg (50.4%), Vitamin B6: 0.81mg (40.53%), Vitamin B3: 7.68mg (38.39%), Zinc: 4.67mg (31.13%), Vitamin C: 24.64mg (29.86%), Phosphorus:

254.95mg (25.49%), Vitamin B12: 1.07µg (17.85%), Vitamin K: 18.73µg (17.84%), Potassium: 509.3mg (14.55%), Iron: 2.39mg (13.28%), Vitamin B2: 0.16mg (9.42%), Magnesium: 34.42mg (8.61%), Copper: 0.16mg (8.04%), Vitamin B5: 0.77mg (7.73%), Folate: 28.27µg (7.07%), Vitamin B1: 0.1mg (6.9%), Vitamin A: 341.75IU (6.84%), Manganese: 0.13mg (6.61%), Calcium: 52.91mg (5.29%), Fiber: 0.84g (3.37%), Vitamin E: 0.36mg (2.43%)