



Grilled Steak with Feta

 Gluten Free

READY IN



510 min.

SERVINGS



8

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup wine dry red flavored (from 32-oz carton)
- 1 tablespoon brown sugar packed
- 3 tablespoons vegetable oil
- 1.5 teaspoons oregano dried
- 0.5 teaspoon salt
- 0.3 teaspoon ground cinnamon
- 2 cloves garlic finely chopped
- 2 lb beef top sirloin steaks boneless

- 2 medium onion red cut into 1/2-inch slices
- 4 oz feta cheese crumbled (1 cup)
- 1 serving parsley fresh chopped

Equipment

- grill
- ziploc bags

Directions

- In shallow glass or plastic dish or resealable food-storage plastic bag, mix all marinade ingredients. Pierce beef with fork several times on both sides.
- Add beef and onions to marinade; turn to coat with marinade. Cover dish or seal bag; refrigerate, turning beef occasionally, at least 8 hours but no longer than 24 hours.
- Heat gas or charcoal grill.
- Remove beef onions from marinade; reserve marinade.
- Place beef and onions on grill. Cover grill; cook over from medium heat 15 to 20 minutes for medium doneness, brushing occasionally with marinade and turning once. Discard any remaining marinade.
- Cut beef across grain into thin slices.
- Sprinkle beef with feta and parsley; serve with onion slices.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:15.072608755982%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 258.26kcal (12.91%), Fat: 12.21g (18.79%), Saturated Fat: 4.16g (26.03%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 4.88g (1.77%), Sugar: 2.65g (2.94%), Cholesterol: 79.52mg (26.51%), Sodium: 372.47mg (16.19%), Alcohol: 1.58g (100%), Alcohol %: 1.12% (100%), Protein: 27.68g (55.36%), Selenium: 37.33µg (53.34%), Vitamin B6: 0.82mg (40.98%), Vitamin B3: 7.54mg (37.7%), Zinc: 5.02mg (33.45%), Phosphorus: 297.11mg (29.71%), Vitamin B12: 1.31µg (21.76%), Vitamin K: 21.56µg (20.53%), Vitamin B2: 0.27mg (15.67%), Potassium: 466.57mg (13.33%), Iron: 2.18mg (12.09%), Calcium: 111.15mg (11.12%), Vitamin B5: 0.92mg (9.25%), Magnesium: 33.15mg (8.29%), Vitamin B1: 0.12mg (8.14%), Folate: 26.19µg (6.55%), Vitamin E: 0.84mg (5.6%), Copper: 0.11mg (5.45%), Manganese: 0.1mg (4.81%), Vitamin C: 2.94mg (3.57%), Fiber: 0.69g (2.77%), Vitamin A: 109.12IU (2.18%)