



Grilled Steak with Feta

 Gluten Free

READY IN



510 min.

SERVINGS



8

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup wine dry red flavored (from 32-oz carton)
- 2 lb beef top sirloin steaks boneless
- 1 tablespoon brown sugar packed
- 4 oz feta cheese crumbled (1 cup)
- 8 servings parsley fresh chopped
- 2 cloves garlic finely chopped
- 0.3 teaspoon ground cinnamon
- 1.5 teaspoons oregano dried

- 2 medium onion red cut into 1/2-inch slices
- 0.5 teaspoon salt
- 3 tablespoons vegetable oil

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:0.83, Inflammation Score:-7, Nutrition Score:18.236521674239%

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: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 259.52kcal (12.98%), Fat: 12.24g (18.83%), Saturated Fat: 4.17g (26.05%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 4.98g (1.81%), Sugar: 2.68g (2.98%), Cholesterol: 79.52mg (26.51%), Sodium: 374.43mg (16.28%), Alcohol: 1.58g (100%), Alcohol %: 1.1% (100%), Protein: 27.78g (55.57%), Vitamin K: 78.96µg (75.2%), Selenium: 37.34µg (53.34%), Vitamin B6: 0.82mg (41.14%), Vitamin B3: 7.59mg (37.93%), Zinc: 5.05mg (33.7%), Phosphorus: 299.14mg (29.91%), Vitamin B12: 1.31µg (21.76%), Vitamin B2: 0.27mg (15.88%), Potassium: 485.96mg (13.88%), Iron: 2.39mg (13.29%), Calcium: 115.98mg (11.6%), Vitamin B5: 0.94mg (9.39%), Vitamin C: 7.6mg (9.21%), Magnesium: 34.9mg (8.73%), Vitamin B1: 0.13mg (8.34%), Vitamin A: 403.96IU (8.08%), Folate: 31.51µg (7.88%), Vitamin E: 0.87mg (5.77%), Copper: 0.11mg (5.71%), Manganese: 0.1mg (5.09%), Fiber: 0.81g (3.23%)