



Hickory Grilled Beef with Henry Bain Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.3 pound frangelico trimmed
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup chili sauce (such as Heinz)
- ☐ 0.5 teaspoon hot sauce
- ☐ 0.5 cup tea
- ☐ 0.7 cup no-sugar-added cherries
- ☐ 4 cups fries
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup steak sauce (such as A1)
- ☐ 2 cups water
- ☐ 0.3 cup worcestershire sauce low-sodium

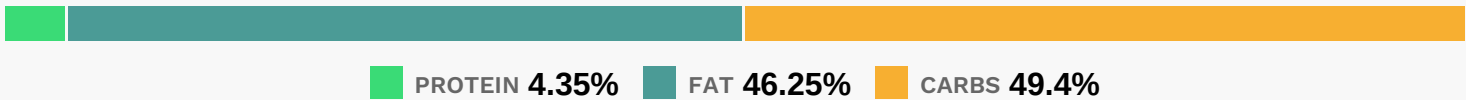
Equipment

- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ To prepare sauce, combine the first 6 ingredients; cover and chill.
- ☐ To prepare beef, soak wood chips in water 1 hour.
- ☐ Remove grill rack; set aside. Prepare grill for indirect grilling, heating one side to medium-high and leaving one side with no heat.
- ☐ Place half of wood chips on hot coals.
- ☐ Place a disposable aluminum foil pan on unheated side of grill.
- ☐ Pour 2 cups water in pan. Coat grill rack with cooking spray; place on grill.
- ☐ Sprinkle beef evenly with pepper and salt.
- ☐ Place beef on grill rack over foil pan on unheated side. Close lid; cook 55 minutes or until a thermometer registers 135 or until desired degree of doneness.
- ☐ Add additional wood chips halfway through cooking time.
- ☐ Remove beef from grill. Cover lightly with foil; let stand 15 minutes.
- ☐ Cut beef across grain into thin slices.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:8.03, Glycemic Load:13.03, Inflammation Score:-3, Nutrition Score:4.9447825991589%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg Theaflavin: 0.16mg, Theaflavin: 0.16mg, Theaflavin: 0.16mg, Theaflavin: 0.16mg Thearubigins: 7.99mg, Thearubigins: 7.99mg, Thearubigins: 7.99mg, Thearubigins: 7.99mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg Theaflavin-3'-gallate: 0.15mg, Theaflavin-3'-gallate: 0.15mg, Theaflavin-3'-gallate: 0.15mg, Theaflavin-3'-gallate: 0.15mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 229.97kcal (11.5%), Fat: 11.83g (18.2%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 28.43g (9.48%), Net Carbohydrates: 24.59g (8.94%), Sugar: 2.9g (3.22%), Cholesterol: 0mg (0%), Sodium: 747.38mg (32.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Fiber: 3.85g (15.39%), Potassium: 434.45mg (12.41%), Manganese: 0.23mg (11.53%), Vitamin B3: 1.98mg (9.88%), Vitamin C: 7.39mg (8.95%), Iron: 1.49mg (8.29%), Vitamin B6: 0.16mg (8%), Phosphorus: 70.11mg (7.01%), Folate: 19.41µg (4.85%), Vitamin B1: 0.07mg (4.74%), Magnesium: 17.67mg (4.42%), Vitamin B5: 0.43mg (4.29%), Copper: 0.07mg (3.27%), Vitamin B2: 0.04mg (2.45%), Zinc: 0.31mg (2.06%), Calcium: 17.67mg (1.77%), Vitamin A: 71.78IU (1.44%), Vitamin E: 0.21mg (1.39%)