



Hoisin Grilled Sirloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apricot preserves
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 tablespoons hoisin sauce
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 0.5 teaspoon salt
- ☐ 1 pound top sirloin

Equipment

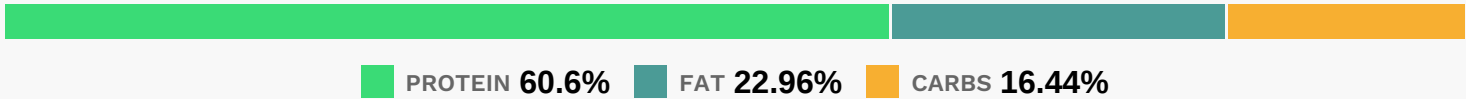
- ☐ frying pan

- ☐ whisk
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat.
- ☐ Combine first 4 ingredients, stirring with a whisk.
- ☐ Sprinkle salt over beef.
- ☐ Add beef to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes before slicing.
- ☐ Brush both sides of beef with hoisin mixture.
- ☐ Cut beef across the grain into thin slices.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:11.706956505775%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 174.36kcal (8.72%), Fat: 4.31g (6.62%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 6.67g (2.42%), Sugar: 4.39g (4.88%), Cholesterol: 67.14mg (22.38%), Sodium: 486.85mg (21.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.57g (51.14%), Selenium: 35.19µg (50.27%), Vitamin B3: 7.44mg (37.21%), Vitamin B6: 0.72mg (36.01%), Zinc: 4.57mg (30.46%), Phosphorus: 242.91mg (24.29%), Vitamin B12: 1.07µg (17.77%), Potassium: 421.67mg (12.05%), Iron: 1.95mg (10.81%), Vitamin B2: 0.16mg (9.14%), Vitamin B5: 0.75mg (7.51%), Magnesium: 28.45mg (7.11%), Vitamin B1: 0.09mg (5.73%), Copper: 0.1mg (5.2%), Folate: 16.84µg (4.21%), Calcium: 29.16mg (2.92%), Vitamin E: 0.37mg (2.5%), Manganese: 0.04mg (1.85%), Vitamin K: 1.36µg (1.3%), Vitamin C: 1.03mg (1.25%), Fiber: 0.27g (1.07%)