



Honey-Balsamic Broiled Steaks



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons canola oil
- ☐ 1.5 teaspoons chili powder
- ☐ 2 garlic cloves pressed
- ☐ 1.5 tablespoons honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon pepper dried red crushed

☐ 1.3 lb shoulder petite tender steak

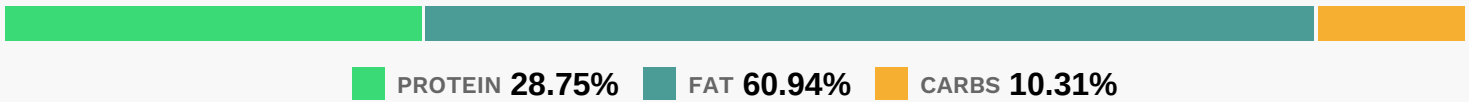
Equipment

- ☐ oven
- ☐ wire rack
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Trim steak, if necessary, and cut into 2-inch medallions.
- ☐ Stir together balsamic vinegar and next 7 ingredients in a large, shallow dish or zip-top plastic freezer bag; add medallions, turning to coat. Cover or seal, and chill 8 hours, turning once after 4 hours.
- ☐ Remove medallions from marinade, discarding marinade.
- ☐ Place on a lightly greased wire rack in a heavy-duty aluminum foil-lined roasting pan.
- ☐ Broil 6 inches from heat 6 to 8 minutes on each side or to desired degree of doneness.
- ☐ Remove steaks from oven, and let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:41.07, Glycemic Load:4.91, Inflammation Score:-3, Nutrition Score:14.596086998349%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 400.36kcal (20.02%), Fat: 27.2g (41.85%), Saturated Fat: 9.46g (59.13%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 9.9g (3.6%), Sugar: 8.94g (9.93%), Cholesterol: 86.47mg (28.82%), Sodium: 385.08mg (16.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.88g (57.75%), Selenium: 35.08µg (50.11%), Zinc: 7.37mg (49.11%), Vitamin B12: 2.35µg (39.22%), Vitamin B3: 7.08mg (35.39%), Vitamin B6: 0.61mg (30.39%),

Phosphorus: 213.15mg (21.31%), Vitamin B2: 0.35mg (20.78%), Iron: 2.81mg (15.62%), Potassium: 430.73mg (12.31%),
Vitamin E: 1.61mg (10.73%), Vitamin B1: 0.13mg (8.7%), Magnesium: 34.14mg (8.53%), Vitamin K: 8.61µg (8.2%),
Copper: 0.14mg (6.78%), Vitamin A: 319.26IU (6.39%), Manganese: 0.1mg (5.09%), Calcium: 22mg (2.2%), Fiber:
0.46g (1.83%), Folate: 4.78µg (1.19%)