



Jerk-Spiced Beef Sirloin



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 3 pounds beef sirloin steak boneless
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 3 tablespoons jamaican jerk seasoning
- ☐ 1 tablespoon juice of lemon
- ☐ 2 cups less sodium beef broth 50% swanson®
- ☐ 0.3 cup olive oil

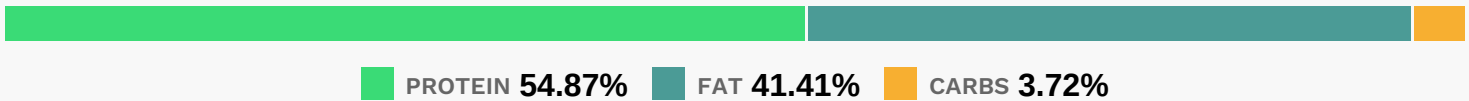
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Stir the broth, oil, seasoning, vinegar and garlic in a 2-quart shallow, nonmetallic dish or resealable gallon-size plastic bag.
- ☐ Add the steak and turn it over to coat with the marinade. Cover the dish or seal the plastic bag and refrigerate it for 8 hours, turning the steak over a few times while it's marinating.
- ☐ Lightly oil the grill rack and heat the grill to medium.
- ☐ Remove the steak from the marinade and pour the marinade in a 1-quart saucepan.
- ☐ Heat the marinade over medium-high heat to a boil. Reduce the heat to low. Cook for 10 minutes. Stir in the lemon juice and cilantro. Keep warm.
- ☐ Grill the steak for 28 minutes for medium-rare or to desired doneness.
- ☐ Let stand for 10 minutes before slicing.
- ☐ Serve the lemon-cilantro sauce with the steak.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:13.350000075672%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 195.68kcal (9.78%), Fat: 8.81g (13.55%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.58g (0.65%), Cholesterol: 66.9mg (22.3%), Sodium: 170.49mg (7.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.26g (52.51%), Selenium: 35.44µg (50.63%), Vitamin B6: 0.76mg (38.2%), Vitamin B3: 7.57mg (37.87%), Zinc: 4.63mg (30.89%), Phosphorus: 247.04mg (24.7%), Vitamin B12: 1.07µg (17.77%), Potassium: 531.33mg (15.18%), Iron: 2.23mg (12.39%), Vitamin A: 595.39IU (11.91%), Vitamin E: 1.73mg (11.54%), Vitamin B2: 0.16mg (9.17%), Vitamin B5: 0.77mg (7.66%), Magnesium: 29.65mg (7.41%), Vitamin B1: 0.09mg (6.12%), Vitamin K: 6.19µg (5.89%), Copper: 0.11mg (5.53%), Folate: 15.59µg (3.9%), Calcium: 33.77mg (3.38%), Manganese: 0.06mg (3.14%), Fiber: 0.72g (2.87%)