



Karri's Steak Marinade



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



70 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 1 teaspoon pepper red crushed
- ☐ 3 cloves garlic crushed
- ☐ 1 tablespoon ground cumin
- ☐ 8 servings honey
- ☐ 1 cup catsup
- ☐ 1 tablespoon natural mesquite flavor liquid smoke
- ☐ 2 teaspoons onion powder

- ☐ 2 teaspoons oregano dried
- ☐ 0.5 cup pineapple juice
- ☐ 2 rib eye steaks
- ☐ 8 servings sea salt and pepper

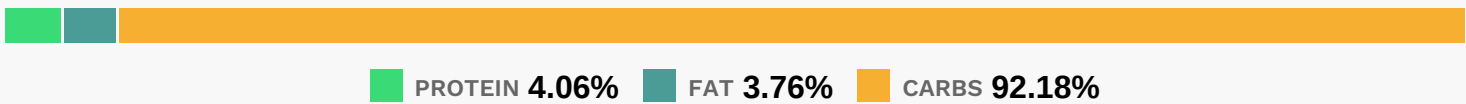
Equipment

- ☐ whisk
- ☐ baking pan
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk together the ketchup, pineapple juice, cider vinegar, liquid smoke, onion powder, cumin crushed red pepper, oregano and garlic in a shallow baking dish. Put a layer of honey on both sides of the steaks and place the steaks in the marinade, tossing to cover both sides. Leave for 2 to 4 hours.
- ☐ Remove the steaks from the marinade and pat dry.
- ☐ Sprinkle with salt and pepper and grill to desired doneness.

Nutrition Facts



Properties

Glycemic Index:22.28, Glycemic Load:4.02, Inflammation Score:-6, Nutrition Score:2.9517391508688%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 69.71kcal (3.49%), Fat: 0.32g (0.49%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 17.52g (5.84%), Net Carbohydrates: 16.91g (6.15%), Sugar: 13.74g (15.27%), Cholesterol: 0.15mg (0.05%), Sodium: 477.17mg (20.75%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Manganese: 0.21mg (10.41%), Iron: 0.96mg (5.36%), Vitamin A: 246.93IU (4.94%), Vitamin B6: 0.1mg (4.8%), Vitamin E: 0.65mg (4.37%), Potassium: 147.3mg (4.21%), Vitamin K: 4.4µg (4.19%), Vitamin C: 3.28mg (3.97%), Vitamin B2: 0.07mg (3.84%), Magnesium: 11.55mg (2.89%), Vitamin B3: 0.58mg (2.88%), Copper: 0.06mg (2.88%), Calcium: 27.25mg (2.72%), Fiber: 0.61g (2.45%), Phosphorus: 18.78mg (1.88%), Folate: 7.19µg (1.8%), Vitamin B1: 0.02mg (1.52%), Zinc: 0.19mg (1.28%)