

Waste of Home



Marinated Sirloin Steak

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



6

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef top sirloin steaks ()
- 1.5 cups water
- 0.8 cup soya sauce
- 0.3 cup worcestershire sauce
- 1 medium onion chopped
- 2 tablespoons citrus champagne vinegar
- 2 tablespoons juice of lemon
- 2 tablespoons dijon mustard

- 2 garlic clove minced
- 2 teaspoons parsley dried
- 1 teaspoon thyme dried
- 1 teaspoon seasoning italian
- 1 teaspoon pepper

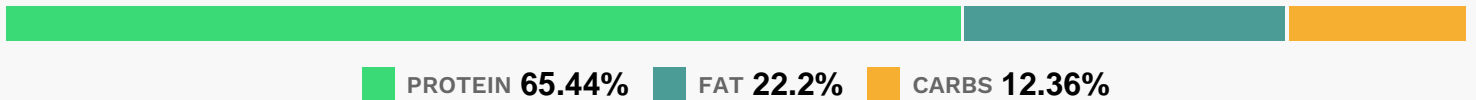
Equipment

- grill
- kitchen thermometer

Directions

- Place steak in a shallow dish.
- Combine the remaining ingredients; pour over the meat. Turn to coat; cover and refrigerate overnight.
- Remove meat; discard marinade. Grill, uncovered, over medium heat for 6–7 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°).

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:19.176086894844%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 234.44kcal (11.72%), Fat: 5.63g (8.65%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 5.96g (2.17%), Sugar: 2.64g (2.94%), Cholesterol: 89.21mg (29.74%), Sodium: 1913.27mg (83.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.31g (74.61%), Selenium: 48.84µg (69.77%), Vitamin B3: 11.1mg (55.49%), Vitamin B6: 1.05mg (52.67%), Zinc: 6.3mg (42.03%), Phosphorus: 378.15mg (37.81%), Vitamin B12: 1.42µg (23.69%), Iron: 4.26mg (23.68%), Potassium: 749.18mg (21.41%), Manganese: 0.3mg (15.05%), Vitamin B2: 0.25mg (14.96%), Magnesium: 55.41mg (13.85%), Vitamin B5: 1.16mg (11.56%), Vitamin B1: 0.16mg (10.77%), Copper: 0.21mg (10.57%), Folate: 32.02µg (8%), Vitamin K: 7.87µg (7.5%), Calcium: 73.2mg (7.32%), Vitamin C: 5.27mg (6.39%), Fiber: 1.09g (4.36%), Vitamin E: 0.54mg (3.61%)