



## Marinated Steak with Caramelized Onions

 Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 1 lb beef sirloin steak boneless
- 2 Tbsp brown sugar packed
- 2 cloves garlic minced
- 3 Tbsp a.1. original sauce divided
- 1 Tbsp olive oil
- 1 large onion thinly sliced

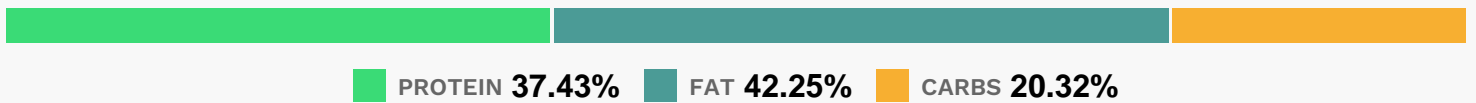
### Equipment

- frying pan
- broiler
- broiler pan

## Directions

- Mix dressing, 2 Tbsp. steak sauce, sugar and garlic until blended.
- Pour over steak in shallow glass dish; turn steak to coat both sides. Refrigerate 1 hour to marinate.
- Heat oil in large skillet on medium-high heat.
- Add onions; cook and stir 5 min. Cover; cook on medium-low heat 15 min. or until onions are golden brown, stirring occasionally.
- Meanwhile, heat broiler.
- Remove steak from marinade; discard marinade.
- Place steak on broiler pan. Broil steak, 4 inches from heat, 8 min. on each side or until done (160F).
- Remove from heat; cover.
- Let stand 5 min. before cutting across the grain into thin slices. Stir remaining steak sauce into onions.
- Serve with meat.

## Nutrition Facts



## Properties

Glycemic Index:14.25, Glycemic Load:0.91, Inflammation Score:-3, Nutrition Score:12.677826104767%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

## Nutrients (% of daily need)

Calories: 282.8kcal (14.14%), Fat: 12.98g (19.97%), Saturated Fat: 2.47g (15.46%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 13.38g (4.87%), Sugar: 10.51g (11.68%), Cholesterol: 66.9mg (22.3%), Sodium: 334.76mg (14.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.87g (51.74%), Selenium: 35.4µg (50.57%), Vitamin B6: 0.78mg (38.91%), Vitamin B3: 7.4mg (36.98%), Zinc: 4.62mg (30.79%), Phosphorus: 252.68mg (25.27%), Vitamin B12: 1.07µg (17.77%), Potassium: 473.61mg (13.53%), Iron: 1.99mg (11.07%), Vitamin B2: 0.15mg (8.7%), Vitamin B5: 0.8mg (8.05%), Magnesium: 30.75mg (7.69%), Vitamin B1: 0.11mg (7.02%), Vitamin E: 0.83mg (5.53%), Folate: 21.97µg (5.49%), Copper: 0.11mg (5.46%), Manganese: 0.09mg (4.49%), Calcium: 42.78mg (4.28%), Vitamin C: 3.24mg (3.93%), Vitamin K: 3.53µg (3.36%), Fiber: 0.67g (2.68%)