



## Orange Pepper Steak

 Gluten Free  Dairy Free

READY IN



81 min.

SERVINGS



8

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 lb beef sirloin steak boneless
- 0.5 cup classic catalina dressing kraft
- 0.5 tsp garlic salt
- 2 green onions chopped
- 1 peel and juice from orange grated
- 0.5 tsp pepper

### Equipment

- broiler

broiler pan

## Directions

- Mix dressing, orange peel, orange juice, onions, pepper and garlic salt in large shallow dish until well blended.
- Remove 1/4 cup of the dressing mixture; set aside for later use.
- Add steak to remaining dressing mixture; turn to evenly coat both sides. Refrigerate at least 1 hour to marinate.
- Preheat broiler.
- Drain steak; discard marinade.
- Place steak on rack of broiler pan. Broil, 2 to 3 inches from heat source, 8 min. on each side for medium doneness (160F).
- Cut steak into 8 pieces.
- Serve with reserved 1/4 cup dressing mixture.

## Nutrition Facts

 **PROTEIN 55.26%**  **FAT 33.25%**  **CARBS 11.49%**

## Properties

Glycemic Index:8, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:11.911304422047%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 192.68kcal (9.63%), Fat: 6.78g (10.43%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 5g (1.82%), Sugar: 4.21g (4.68%), Cholesterol: 66.9mg (22.3%), Sodium: 402.36mg (17.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.34g (50.69%), Selenium: 34.97µg (49.95%), Vitamin B3: 7.37mg (36.83%), Vitamin B6: 0.72mg (35.85%), Zinc: 4.55mg (30.35%), Phosphorus: 240.89mg (24.09%), Vitamin B12: 1.07µg (17.77%), Potassium: 417.98mg (11.94%), Iron: 1.9mg (10.53%), Vitamin B2: 0.14mg (8.24%), Vitamin B5: 0.75mg (7.53%), Vitamin K: 7.66µg (7.3%), Magnesium: 27.23mg (6.81%), Vitamin B1: 0.09mg (5.91%), Copper: 0.09mg (4.65%), Folate: 17.13µg (4.28%), Vitamin C: 2.6mg (3.16%), Calcium: 30.17mg (3.02%), Vitamin E: 0.34mg (2.26%), Manganese: 0.03mg (1.68%), Fiber: 0.27g (1.07%)