



Pace® Sirloin Steak Ole



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



16 ounce chunky salsa pace®



1.5 pounds beef top round steak boneless

Equipment

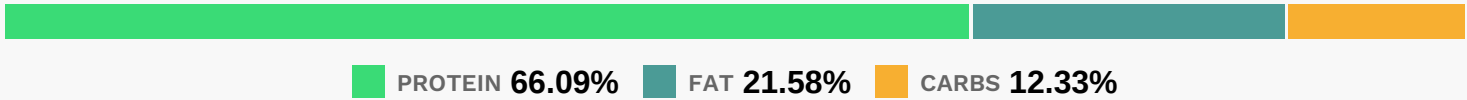


grill

Directions

- ☐ Lightly oil the grill rack and heat the grill to medium. Grill the steak for 20 minutes for medium-rare or to desired doneness, turning the steak over halfway through cooking and brushing often with 1 cup picante sauce.
- ☐ Let stand for 10 minutes before slicing.
- ☐ Serve with additional picante sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:15.265652438869%

Nutrients (% of daily need)

Calories: 168.21kcal (8.41%), Fat: 3.97g (6.1%), Saturated Fat: 1.32g (8.28%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 3.73g (1.36%), Sugar: 2.88g (3.2%), Cholesterol: 69.17mg (23.06%), Sodium: 568.5mg (24.72%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 27.32g (54.64%), Selenium: 36.85µg (52.65%), Vitamin B6: 0.9mg (45.15%), Vitamin B3: 8.65mg (43.24%), Zinc: 5.33mg (35.56%), Phosphorus: 278.2mg (27.82%), Vitamin B12: 1.53µg (25.51%), Potassium: 618.02mg (17.66%), Iron: 2.55mg (14.17%), Vitamin B2: 0.19mg (11.23%), Magnesium: 39.69mg (9.92%), Vitamin B5: 0.92mg (9.23%), Vitamin B1: 0.13mg (8.95%), Copper: 0.17mg (8.52%), Vitamin E: 1.25mg (8.34%), Vitamin A: 362.87IU (7.26%), Fiber: 1.36g (5.44%), Manganese: 0.1mg (5.07%), Folate: 18.9µg (4.72%), Calcium: 46.12mg (4.61%), Vitamin K: 4.54µg (4.32%), Vitamin C: 1.44mg (1.74%)