



Port Marinated Steaks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 3 tablespoons thyme leaves fresh minced
- ☐ 2 garlic cloves crushed
- ☐ 0.5 cup red wine sweet
- ☐ 1.5 pounds beef top sirloin steaks boneless lean
- ☐ 2 tablespoons worcestershire sauce

Equipment

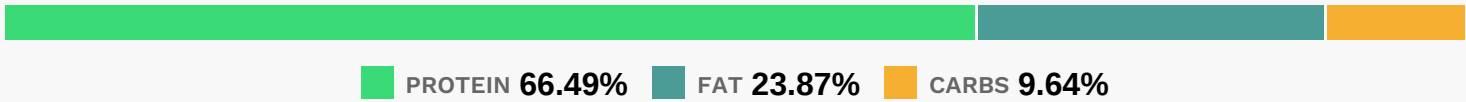
- ☐ sauce pan

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Trim fat from steak.
- ☐ Combine wine and next 4 ingredients in a heavy-duty zip-top plastic bag.
- ☐ Add steak; seal bag, and turn bag to coat steak. Marinate steak in refrigerator 8 hours, turning bag occasionally.
- ☐ Remove steak from marinade; pour marinade into a small saucepan. Bring marinade to a boil; cook until reduced to 1/4 cup. Set aside.
- ☐ Prepare grill.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place steak on rack; grill, covered, 5 minutes on each side or to desired degree of doneness.
- ☐ Let steak stand 5 minutes.
- ☐ Cut diagonally across grain into thin slices; drizzle with hot marinade.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:0.79, Inflammation Score:-10, Nutrition Score:13.089130520821%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin:

0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 175.1kcal (8.75%), Fat: 4.08g (6.27%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 3.7g (1.24%), Net Carbohydrates: 3.19g (1.16%), Sugar: 1.5g (1.66%), Cholesterol: 66.9mg (22.3%), Sodium: 139.68mg (6.07%), Alcohol: 2.12g (100%), Alcohol %: 1.8% (100%), Protein: 25.55g (51.1%), Selenium: 35.14µg (50.2%), Vitamin B3: 7.49mg (37.46%), Vitamin B6: 0.75mg (37.41%), Zinc: 4.65mg (31.03%), Phosphorus: 253.52mg (25.35%), Vitamin B12: 1.07µg (17.77%), Iron: 2.88mg (16.02%), Potassium: 506.86mg (14.48%), Vitamin B2: 0.17mg (9.84%), Magnesium: 35.71mg (8.93%), Vitamin C: 6.65mg (8.06%), Vitamin B5: 0.77mg (7.68%), Vitamin B1: 0.09mg (6.25%), Copper: 0.12mg (6.23%), Manganese: 0.12mg (6.14%), Calcium: 50.04mg (5%), Folate: 17µg (4.25%), Vitamin A: 171.25IU (3.43%), Vitamin E: 0.32mg (2.15%), Fiber: 0.51g (2.04%), Vitamin K: 1.4µg (1.33%)