

Robust Marinated Steak

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

READY IN



20 min.

SERVINGS



2

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound beef top sirloin steaks boneless ()
- 4.5 teaspoons brown sugar
- 1 garlic clove minced
- 1 tablespoon liquid smoke
- 1.5 teaspoons soy sauce reduced-sodium
- 0.3 teaspoon onion powder
- 0.1 teaspoon pepper
- 2 tablespoons pineapple juice

2 tablespoons red wine vinegar

0.5 teaspoon salt

Equipment

grill

kitchen thermometer

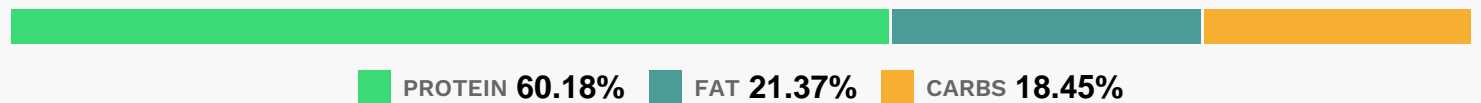
ziploc bags

Directions

In a large resealable plastic bag, combine the first nine ingredients; add steak. Seal bag and turn to coat; refrigerate overnight.

Drain and discard marinade. Grill steak, uncovered, over medium heat for 4–8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°).

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:1.03, Inflammation Score:-3, Nutrition Score:18.015652300142%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 266.56kcal (13.33%), Fat: 6.06g (9.33%), Saturated Fat: 2.23g (13.93%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 11.63g (4.23%), Sugar: 10.28g (11.42%), Cholesterol: 100.36mg (33.45%), Sodium: 832.76mg (36.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.43g (76.85%), Selenium: 52.79µg (75.41%), Vitamin B6: 1.11mg (55.68%), Vitamin B3: 11.1mg (55.49%), Zinc: 6.89mg (45.92%), Phosphorus: 371.19mg (37.12%), Vitamin B12: 1.6µg (26.65%), Potassium: 668.03mg (19.09%), Iron: 3.02mg (16.77%), Vitamin B2: 0.22mg (12.84%), Vitamin B5: 1.16mg (11.57%), Magnesium: 45.81mg (11.45%), Vitamin B1: 0.14mg (9.47%), Manganese: 0.17mg (8.43%), Copper: 0.16mg (7.85%), Folate: 26.78µg (6.69%), Calcium: 53.46mg (5.35%), Vitamin E: 0.5mg (3.32%), Vitamin C: 2.1mg (2.55%), Vitamin K: 2.16µg (2.05%)