



## Romanian Steak

 Gluten Free  Dairy Free

READY IN



265 min.

SERVINGS



25

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 lb beef sirloin steak boneless
- 2 Tbsp grey poupon dijon mustard
- 2 Tbsp honey
- 0.5 cup a.1. original sauce
- 2 Tbsp lite soy sauce

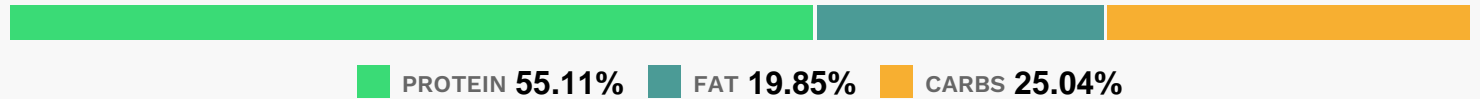
### Equipment

- grill

## Directions

- Mix all ingredients except steak until blended; pour over steak in shallow dish. Turn to evenly coat both sides of steak. Refrigerate 4 hours to marinate, turning occasionally.
- Heat grill to medium heat.
- Remove steak from marinade; discard marinade.
- Grill 8 min. on each side or until done (160F).

## Nutrition Facts



## Properties

Glycemic Index:3.97, Glycemic Load:0.74, Inflammation Score:-1, Nutrition Score:2.878695687846%

## Nutrients (% of daily need)

Calories: 47.04kcal (2.35%), Fat: 1.01g (1.55%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.8g (1.02%), Sugar: 2.51g (2.79%), Cholesterol: 16.06mg (5.35%), Sodium: 165.73mg (7.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Selenium: 8.82µg (12.59%), Vitamin B3: 1.83mg (9.13%), Vitamin B6: 0.17mg (8.75%), Zinc: 1.11mg (7.37%), Phosphorus: 60.66mg (6.07%), Vitamin B12: 0.26µg (4.26%), Potassium: 102.89mg (2.94%), Iron: 0.5mg (2.77%), Vitamin B2: 0.04mg (2.13%), Vitamin B5: 0.19mg (1.88%), Magnesium: 7.45mg (1.86%), Vitamin B1: 0.02mg (1.57%), Copper: 0.02mg (1.22%)