



Sassy Steak Marinade and Sauce

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

READY IN



60 min.

SERVINGS



2

CALORIES



838 kcal

SEASONING

MARINADE

Ingredients

- 8 ounces mushrooms fresh sliced
- 3 cloves garlic crushed
- 0.3 cup honey
- 0.7 cup sauce
- 1 tablespoon olive oil
- 0.3 teaspoon lawry's seasoned salt to taste
- 1 pound sirloin steak
- 3 tablespoons soya sauce

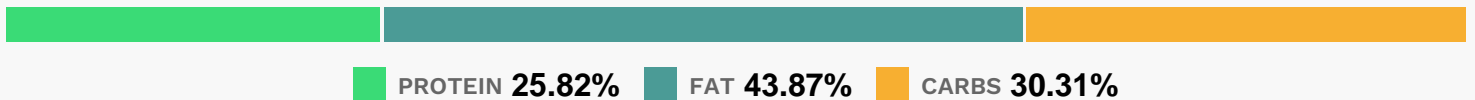
Equipment

- bowl
- frying pan
- grill

Directions

- Pierce steaks all over with a fork, and place them into a resealable freezer bag. In a medium bowl, stir together 1 tablespoon of olive oil, cocktail sauce, honey, soy sauce, garlic, and seasoning salt.
- Pour over the steaks in the bag, seal, and refrigerate for 30 minutes or up to 6 hours, turning frequently.
- Preheat an outdoor grill for medium–high heat. When grill is heated, lightly oil the grate.
- Remove steaks from marinade, reserving marinade. Grill for about 7 minutes on each side, or to your desired degree of doneness.
- While steaks are grilling, heat the remaining tablespoon of olive oil in a skillet over medium heat.
- Add mushrooms, and cook until tender.
- Pour in reserved marinade, and bring to a boil. Boil for 5 minutes, or until thickened.
- Serve with steaks.

Nutrition Facts



Properties

Glycemic Index:64.64, Glycemic Load:19.64, Inflammation Score:-3, Nutrition Score:29.189130638362%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 838.25kcal (41.91%), Fat: 41.13g (63.27%), Saturated Fat: 14.66g (91.63%), Carbohydrates: 63.93g (21.31%), Net Carbohydrates: 62.4g (22.69%), Sugar: 55.76g (61.95%), Cholesterol: 127.01mg (42.34%), Sodium: 2876mg (125.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.46g (108.91%), Vitamin B12: 6.35µg (105.84%), Selenium: 49.16µg (70.23%), Vitamin B3: 13.48mg (67.38%), Zinc: 8.29mg (55.27%), Vitamin B6: 1.1mg (54.99%), Vitamin B2: 0.93mg (54.48%), Phosphorus: 535.83mg (53.58%), Iron: 6.06mg (33.69%), Potassium: 1158.86mg (33.11%), Copper: 0.61mg (30.26%), Vitamin B5: 2.56mg (25.58%), Vitamin B1: 0.34mg (22.91%), Magnesium: 68.35mg (17.09%), Manganese: 0.33mg (16.37%), Folate: 38.73µg (9.68%), Vitamin E: 1.02mg (6.82%), Fiber: 1.53g (6.12%), Vitamin C: 4mg (4.85%), Vitamin K: 4.29µg (4.09%), Calcium: 33.35mg (3.33%), Vitamin D: 0.23µg (1.51%)