



Savory Garlic Marinated Steaks

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

READY IN



30 min.

SERVINGS



2

CALORIES



762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup balsamic vinegar
- 1 pinch cayenne pepper
- 3 tablespoons garlic minced
- 2 teaspoons ground pepper black
- 2 tablespoons honey
- 0.5 teaspoon liquid smoke flavoring
- 2 tablespoons olive oil
- 1 teaspoon onion powder

- 1 pound rib-eye steaks
- 0.5 teaspoon salt
- 0.3 cup soya sauce
- 1 teaspoon worcestershire sauce

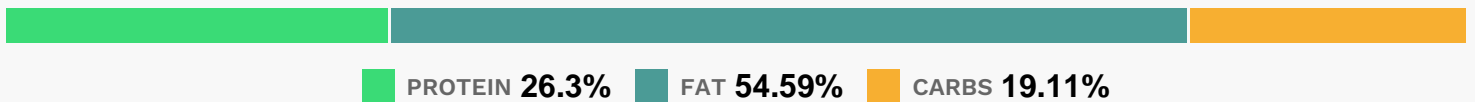
Equipment

- bowl
- grill

Directions

- In a medium bowl, mix the vinegar, soy sauce, garlic, honey, olive oil, ground black pepper, Worcestershire sauce, onion powder, salt, liquid smoke, and cayenne pepper.
- Place steaks in a shallow glass dish with the marinade, and turn to coat. For optimum flavor, rub the liquid into the meat. Cover, and marinate in the refrigerator for 1 to 2 days.
- Preheat grill for medium-high to high heat.
- Lightly oil the grill grate. Grill steaks 7 minutes per side, or to desired doneness. Discard leftover marinade.

Nutrition Facts



Properties

Glycemic Index:105.64, Glycemic Load:16.03, Inflammation Score:-4, Nutrition Score:26.962608726128%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 761.62kcal (38.08%), Fat: 46.24g (71.14%), Saturated Fat: 16.24g (101.52%), Carbohydrates: 36.42g (12.14%), Net Carbohydrates: 35.22g (12.81%), Sugar: 27.77g (30.85%), Cholesterol: 138.35mg (46.12%), Sodium:

2379.99mg (103.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.14g (100.27%), Selenium: 57.7µg (82.43%), Zinc: 12.07mg (80.46%), Vitamin B12: 3.76µg (62.75%), Vitamin B3: 12.41mg (62.05%), Vitamin B6: 1.13mg (56.55%), Phosphorus: 403.93mg (40.39%), Vitamin B2: 0.62mg (36.24%), Manganese: 0.72mg (35.81%), Iron: 5.82mg (32.34%), Potassium: 861.43mg (24.61%), Magnesium: 75.33mg (18.83%), Vitamin B1: 0.25mg (16.65%), Copper: 0.32mg (15.76%), Vitamin K: 15.42µg (14.68%), Vitamin E: 2.07mg (13.78%), Calcium: 78.35mg (7.84%), Vitamin C: 4.51mg (5.47%), Fiber: 1.2g (4.79%), Folate: 14.08µg (3.52%), Vitamin B5: 0.23mg (2.3%), Vitamin D: 0.23µg (1.51%), Vitamin A: 69.21IU (1.38%)