



## Savory Grilled Tournedos

 Gluten Free  Dairy Free

READY IN



29 min.

SERVINGS



29

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 slices oscar mayer bacon
- 32 oz beef tenderloin steaks boneless
- 1 clove garlic crushed
- 0.3 cup a.1. bold & spicy sauce
- 2 Tbsp juice of lemon
- 2 Tbsp onion finely chopped
- 0.3 cup orange marmalade
- 0.3 cup heinz tomato ketchup

## Equipment

- toothpicks
- grill

## Directions

- Preheat grill to medium heat. Wrap bacon slice around outside edge of each steak; secure with string or toothpick.
- Mix steak sauce, ketchup, marmalade, lemon juice, onions and garlic.
- Remove 1/2 cup of the steak sauce mixture for brushing onto steaks as they cook on the grill. Set remaining steak sauce mixture aside for serving with the steaks.
- Grill or broil steaks 5 to 7 min. on each side for medium doneness (160F), brushing frequently with the reserved 1/2 cup steak sauce mixture.
- Serve steaks with the remaining steak sauce mixture.

## Nutrition Facts

**PROTEIN 37.27%** **FAT 46.29%** **CARBS 16.44%**

## Properties

Glycemic Index:1.97, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.6178260931502%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 84.46kcal (4.22%), Fat: 4.27g (6.57%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 3.37g (1.23%), Sugar: 2.78g (3.09%), Cholesterol: 24.03mg (8.01%), Sodium: 110.38mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.48%), Selenium: 10.81µg (15.44%), Vitamin B3: 2.28mg (11.41%), Vitamin B6: 0.22mg (10.85%), Zinc: 1.32mg (8.81%), Phosphorus: 75.21mg (7.52%), Vitamin B12: 0.32µg (5.35%), Potassium: 132.08mg (3.77%), Iron: 0.54mg (3%), Vitamin B1: 0.04mg (2.74%), Vitamin B2: 0.05mg (2.73%), Vitamin B5: 0.24mg (2.41%), Magnesium: 8.4mg (2.1%), Copper: 0.03mg (1.57%), Folate: 4.84µg (1.21%), Vitamin E: 0.16mg (1.04%)