



Simply Glazed Steak

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



38 min.

SERVINGS



38

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp balsamic vinaigrette dressing kraft
- 0.5 lb beef sirloin steak boneless
- 1.5 tsp grey poupon dijon mustard
- 1 Tbsp a.1. original sauce
- 0.5 tsp cracked pepper black

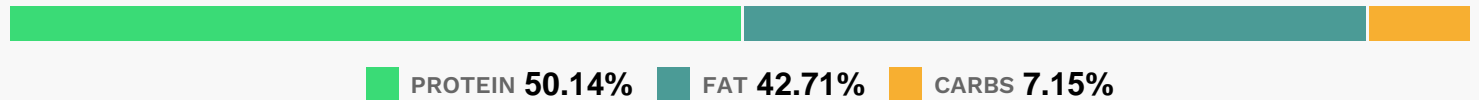
Equipment

- broiler pan

Directions

- Mix dressing, mustard, steak sauce and pepper in shallow dish.
- Add steak; turn to evenly coat both sides.
- Let stand 15 min. to marinate, turning occasionally.
- Remove steak from marinade; discard marinade.
- Place steak on rack of broiler pan.
- Broil, 6 inches from heat source, 4 min. on each side or to medium doneness (160F).
- Let stand 5 min. before cutting across the grain into thin slices to serve.

Nutrition Facts



Properties

Glycemic Index:1.68, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.6195652205497%

Nutrients (% of daily need)

Calories: 11.14kcal (0.56%), Fat: 0.51g (0.78%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 0.19g (0.06%), Net Carbohydrates: 0.18g (0.06%), Sugar: 0.12g (0.13%), Cholesterol: 3.52mg (1.17%), Sodium: 17.36mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Selenium: 1.91µg (2.72%), Vitamin B3: 0.39mg (1.94%), Vitamin B6: 0.04mg (1.88%), Zinc: 0.24mg (1.6%), Phosphorus: 12.85mg (1.28%)