



Sirloin Steak Provencale

 Gluten Free  Dairy Free

READY IN



84 min.

SERVINGS



24

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb beef sirloin steak boneless
- 1 Tbsp rosemary fresh finely chopped
- 1 Tbsp garlic minced
- 3 green onions finely chopped
- 0.7 cup a.1. original sauce divided
- 1 Tbsp lemon zest grated
- 2 tsp thyme leaves dried crushed

Equipment

- grill
- ziploc bags

Directions

- Mix 1/3 cup of the steak sauce, the onions, rosemary, lemon zest, garlic and thyme.
- Place steak in nonmetal dish or resealable plastic bag.
- Add steak sauce mixture; turn to evenly coat steak on both sides. Cover and refrigerate 1 hour to marinate, turning occasionally.
- Preheat grill to medium-high heat.
- Remove steak from marinade; discard marinade.
- Grill steak 5 to 7 min. on each side or until cooked through, brushing occasionally with the remaining 1/3 cup steak sauce.

Nutrition Facts



Properties

Glycemic Index:4.46, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:3.1299999887529%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 45.28kcal (2.26%), Fat: 1.02g (1.57%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 2.06g (0.75%), Sugar: 1.57g (1.74%), Cholesterol: 16.73mg (5.58%), Sodium: 95.07mg (4.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Selenium: 8.79µg (12.56%), Vitamin B3: 1.85mg (9.24%), Vitamin B6: 0.18mg (9.2%), Zinc: 1.15mg (7.64%), Phosphorus: 61.03mg (6.1%), Vitamin B12: 0.27µg (4.44%), Vitamin K: 3.42µg (3.26%), Potassium: 107.96mg (3.08%), Iron: 0.5mg (2.79%), Vitamin B2: 0.04mg (2.13%), Vitamin B5: 0.19mg (1.9%), Magnesium: 7.11mg (1.78%), Vitamin B1: 0.02mg (1.53%), Copper: 0.02mg (1.24%), Folate: 4.8µg (1.2%), Vitamin C: 0.83mg (1.01%)