



# Sirloin Steak with Garlic Sauce

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

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon thyme leaves dried
- ☐ 8 large garlic cloves unpeeled
- ☐ 0.3 cup low-salt beef broth
- ☐ 0.3 teaspoon salt
- ☐ 1 pound beef top sirloin steaks boneless

## Equipment

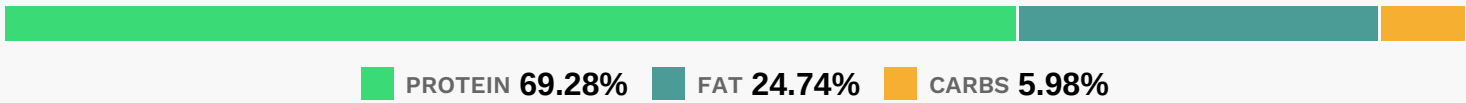
- ☐ food processor

- ☐ aluminum foil
- ☐ broiler
- ☐ microwave
- ☐ cutting board
- ☐ broiler pan

## Directions

- ☐ Preheat broiler.
- ☐ Sprinkle both sides of steak with thyme, salt, and pepper.
- ☐ Place steak on a broiler pan coated with cooking spray; arrange garlic cloves around steak. Broil steak and garlic 5 to 6 minutes on each side or until desired degree of doneness.
- ☐ Transfer steak to a cutting board; cover loosely with foil to keep warm.
- ☐ Cut off bottom of each garlic clove. Squeeze out soft garlic into a food processor; process until smooth.
- ☐ Add broth; process until combined.
- ☐ Transfer garlic sauce to a microwave-safe dish. Microwave at HIGH 40 seconds.
- ☐ Cut steak diagonally across grain into thin slices; spoon garlic sauce over steak.
- ☐ Garnish with fresh thyme, if desired.
- ☐ carbo rating: 2

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:12.651304336346%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 155.36kcal (7.77%), Fat: 4.11g (6.32%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 1.98g (0.72%), Sugar: 0.07g (0.07%), Cholesterol: 66.9mg (22.3%), Sodium: 284.43mg (12.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.9g (51.8%), Selenium: 35.94µg (51.34%), Vitamin B6: 0.79mg (39.51%), Vitamin B3: 7.55mg (37.74%), Zinc: 4.62mg (30.82%), Phosphorus: 251.75mg (25.17%), Vitamin B12: 1.08µg (18%), Iron: 2.28mg (12.69%), Potassium: 443.42mg (12.67%), Vitamin B2: 0.15mg (8.71%), Vitamin B5: 0.78mg (7.83%), Manganese: 0.15mg (7.54%), Magnesium: 28.75mg (7.19%), Vitamin B1: 0.1mg (6.59%), Vitamin K: 5.84µg (5.56%), Copper: 0.11mg (5.46%), Calcium: 42.38mg (4.24%), Folate: 16.03µg (4.01%), Vitamin C: 2mg (2.42%), Vitamin E: 0.34mg (2.28%)