



Sirloin Steak with Red Onion Relish

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb beef sirloin steak boneless
- 0.3 tsp coarsely ground pepper black
- 0.3 cup a.1. original sauce
- 2 tsp oil divided
- 1 large onion red separated thinly sliced
- 0.5 tsp sage leaves dried crushed

Equipment

- frying pan

Directions

- Cut steak into 6 equal portions. Rub both sides evenly with pepper.
- Heat 1 tsp. of the oil in large nonstick skillet on medium heat.
- Add steak; cook 5 min. on each side for medium doneness (160F).
- Remove from skillet; cover to keep warm.
- Add remaining 1 tsp. oil to drippings in skillet.
- Add onions; cook and stir 5 to 7 min. or until crisp-tender.
- Add steak sauce and sage; cook an additional 2 min., stirring occasionally. Slice steak.
- Serve relish over the steak slices.

Nutrition Facts

 **PROTEIN 59.94%**  **FAT 29.31%**  **CARBS 10.75%**

Properties

Glycemic Index:1.97, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.5965217727682%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 35.42kcal (1.77%), Fat: 1.11g (1.71%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.61g (0.68%), Cholesterol: 13.38mg (4.46%), Sodium: 36.51mg (1.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.22%), Selenium: 7µg (10.01%), Vitamin B3: 1.47mg (7.36%), Vitamin B6: 0.15mg (7.34%), Zinc: 0.91mg (6.09%), Copper: 0.12mg (6.01%), Phosphorus: 48.96mg (4.9%), Vitamin B12: 0.21µg (3.55%), Potassium: 86.68mg (2.48%), Iron: 0.38mg (2.1%), Vitamin B2: 0.03mg (1.66%), Vitamin B5: 0.15mg (1.53%), Magnesium: 5.67mg (1.42%), Vitamin B1: 0.02mg (1.25%)