



Skillet Sirloin With Sweet Marinade



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.5 cup beef broth
- ☐ 2 tablespoons brown sugar dark
- ☐ 0.5 teaspoon salt
- ☐ 1 pound rump steak boneless 3/
- ☐ 1 tablespoon worcestershire sauce

Equipment

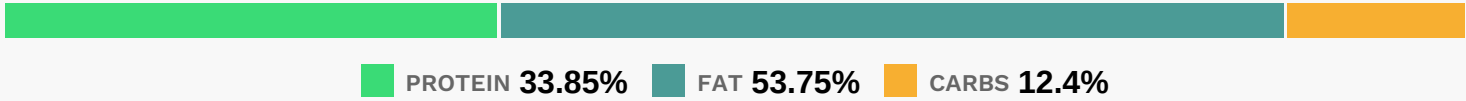
- ☐ frying pan

☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in a large heavy-duty zip-top plastic bag. Seal bag; shake to coat. Marinate in refrigerator 8 hours.
- ☐ Remove steak from marinade, reserving marinade.
- ☐ Heat a large skillet coated with cooking spray over high heat.
- ☐ Add beef, and cook 1 minute on each side or until browned. Reduce heat to medium-low; cook 4 minutes on each side or until done.
- ☐ Place beef on a platter; keep warm.
- ☐ Increase heat to medium-high.
- ☐ Add reserved marinade and broth to pan; scrape pan to loosen browned bits. Bring to a boil; cook 4 minutes or until sauce is reduced to 1/4 cup. Slice beef diagonally across grain into thin slices.
- ☐ Serve beef with sauce.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:1.02, Inflammation Score:-1, Nutrition Score:10.389999978082%

Nutrients (% of daily need)

Calories: 290.48kcal (14.52%), Fat: 16.87g (25.96%), Saturated Fat: 6.85g (42.8%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 8.76g (3.18%), Sugar: 8.04g (8.93%), Cholesterol: 63.5mg (21.17%), Sodium: 523.21mg (22.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.81%), Vitamin B12: 3.17µg (52.89%), Selenium: 19.01µg (27.16%), Zinc: 3.74mg (24.93%), Vitamin B3: 4.39mg (21.93%), Vitamin B6: 0.44mg (21.82%), Phosphorus: 206.28mg (20.63%), Iron: 2.69mg (14.93%), Vitamin B2: 0.22mg (12.7%), Potassium: 422.08mg (12.06%), Vitamin B1: 0.12mg (7.8%), Magnesium: 25.82mg (6.45%), Copper: 0.1mg (5.21%), Vitamin B5: 0.37mg (3.65%), Calcium: 21.55mg (2.16%), Folate: 7.8µg (1.95%), Manganese: 0.04mg (1.9%)