



Spiced Steak with Roasted Potatoes & Onions

 Gluten Free

READY IN



99 min.

SERVINGS



39

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 chipotle pepper in adobo sauce plus 4-1/2 tsp. reserved adobo sauce canned divided
- 0.3 cup bull's-eye original barbecue sauce
- 1.5 lb beef round steak boneless (London broil)
- 0.8 tsp pepper black divided
- 2 tsp chili powder
- 1 cup knudsen cream sour
- 6 cloves garlic
- 2 Tbsp olive oil

- 2 onions cut into wedges
- 0.5 tsp oregano leaves dried
- 1.5 lb potatoes red halved (15)

Equipment

- bowl
- frying pan
- oven
- grill
- aluminum foil

Directions

- Mix chili powder, oregano and 1/2 tsp. black pepper; rub onto both sides of steak. Refrigerate 30 min.
- Heat oven to 425F.
- Combine potatoes, onions, garlic, oil and remaining black pepper.
- Place in shallow foil-lined pan.
- Bake 40 to 45 min. or until potatoes are golden brown and onions are tender, stirring after 25 min.
- Chop chipotle pepper finely; place in small bowl.
- Add sour cream, barbecue sauce and 1-1/2 tsp. of the reserved adobo sauce; mix well. Refrigerate until ready to use.
- Heat grill. Grill steak 5 to 7 min. on each side or until medium doneness (160F), brushing with remaining 1 Tbsp. reserved adobo sauce for the last minute of grilling on each side.
- Remove meat from grill; let stand 10 min.
- Cut steak across the grain into thin slices.
- Serve with potatoes, onions and sour cream sauce.

Nutrition Facts



■ PROTEIN 22.12% ■ FAT 53.22% ■ CARBS 24.66%

Properties

Glycemic Index:2.41, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:2.9213043266664%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 73.24kcal (3.66%), Fat: 4.4g (6.77%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 4.1g (1.49%), Sugar: 1.29g (1.43%), Cholesterol: 14.12mg (4.71%), Sodium: 39.92mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.23%), Selenium: 4.71µg (6.73%), Zinc: 1mg (6.65%), Vitamin B6: 0.12mg (5.94%), Vitamin B3: 1.1mg (5.49%), Vitamin B12: 0.3µg (5.03%), Phosphorus: 43.47mg (4.35%), Potassium: 151.4mg (4.33%), Vitamin B2: 0.06mg (3.62%), Iron: 0.5mg (2.8%), Vitamin C: 2.13mg (2.58%), Manganese: 0.05mg (2.55%), Vitamin B1: 0.04mg (2.34%), Magnesium: 9.35mg (2.34%), Copper: 0.05mg (2.25%), Fiber: 0.49g (1.95%), Vitamin A: 86.55IU (1.73%), Vitamin K: 1.71µg (1.63%), Vitamin E: 0.2mg (1.35%), Folate: 5.24µg (1.31%), Calcium: 12.69mg (1.27%)