



Spicy Sirloin Steak with Chipotle Sauce

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chiles in adobo sauce canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 chipotle chile canned minced
- ☐ 1 teaspoon chili powder
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup less-sodium beef broth divided
- ☐ 1 tablespoon brown sugar light

- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon tomato paste
- ☐ 1 pound beef top sirloin steaks trimmed

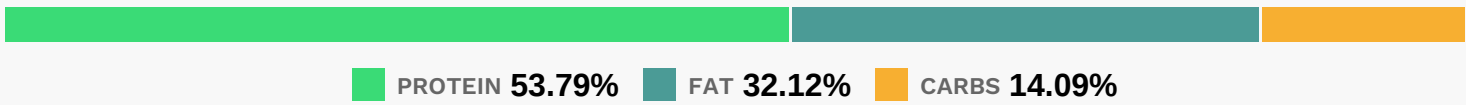
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a small bowl; rub evenly over steak.
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add steak; cook 3 to 4 minutes on each side or until desired degree of doneness.
- ☐ Remove steak from pan, and keep warm.
- ☐ Combine 3/4 cup broth and next 3 ingredients; add to pan, and cook 4 minutes, scraping pan to loosen browned bits.
- ☐ Combine flour and remaining 1/4 cup broth, stirring with a whisk.
- ☐ Add to pan; cook 1 minute or until slightly thickened.
- ☐ Remove from heat.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Serve with chipotle sauce.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:1.32, Inflammation Score:-3, Nutrition Score:13.133043605348%

Nutrients (% of daily need)

Calories: 204.31kcal (10.22%), Fat: 7.12g (10.96%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 6.15g (2.24%), Sugar: 3.79g (4.21%), Cholesterol: 66.9mg (22.3%), Sodium: 1131.88mg (49.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.84g (53.68%), Selenium: 36.07µg (51.52%), Vitamin B3: 7.66mg (38.32%), Vitamin B6: 0.73mg (36.74%), Zinc: 4.62mg (30.81%), Phosphorus: 249.39mg (24.94%), Vitamin B12: 1.07µg (17.77%), Potassium: 595.73mg (17.02%), Iron: 2.56mg (14.25%), Vitamin B2: 0.16mg (9.33%), Magnesium: 31.36mg (7.84%), Vitamin B5: 0.77mg (7.66%), Vitamin E: 1.1mg (7.33%), Vitamin B1: 0.11mg (7.13%), Copper: 0.12mg (5.82%), Folate: 19.27µg (4.82%), Vitamin A: 223.15IU (4.46%), Calcium: 39.34mg (3.93%), Vitamin K: 4.01µg (3.82%), Manganese: 0.07mg (3.62%), Fiber: 0.88g (3.52%), Vitamin C: 1.16mg (1.41%)