



Squirrel's Great Beef Steak

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

READY IN



744 min.

SERVINGS



1

CALORIES



1385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup barbeque sauce
- 10 ounces beef sirloin steak
- 1 clove garlic minced peeled
- 1 serving ground pepper black to taste
- 0.3 cup salad dressing italian-style
- 1 serving salt to taste
- 1 serving seasoning salt to taste
- 1 serving steak seasoning to taste

4 tablespoons vegetable oil

Equipment

bowl

grill

Directions

In a medium bowl, mix soy sauce, Italian-style salad dressing, barbeque sauce, vegetable oil, garlic, steak seasoning, seasoning salt, salt and ground black pepper.

Place steak in the mixture. Cover and marinate in the refrigerator 12 hours, or overnight. Turn the steak once during marination.

Preheat an outdoor grill for medium to high heat and lightly oil grate.

Cook steak on the prepared grill 5 to 7 minutes per side, or to desired doneness.

Nutrition Facts

 **PROTEIN 17.39%** **FAT 71.4%** **CARBS 11.21%**

Properties

Glycemic Index:62, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:32.872173889824%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1385.1kcal (69.25%), Fat: 109.43g (168.35%), Saturated Fat: 27.17g (169.81%), Carbohydrates: 38.65g (12.88%), Net Carbohydrates: 37.69g (13.71%), Sugar: 30.18g (33.53%), Cholesterol: 158.76mg (52.92%), Sodium: 1861.58mg (80.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.96g (119.92%), Vitamin K: 150.55µg (143.38%), Vitamin B12: 7.88µg (131.35%), Selenium: 49.46µg (70.65%), Zinc: 9.56mg (63.74%), Vitamin B6: 1.23mg (61.62%), Vitamin B3: 10.88mg (54.38%), Phosphorus: 524.56mg (52.46%), Vitamin E: 6.34mg (42.26%), Iron: 7.09mg (39.39%), Vitamin B2: 0.56mg (32.8%), Potassium: 1118.35mg (31.95%), Vitamin B1: 0.32mg (21.54%), Magnesium: 74.34mg (18.59%), Manganese: 0.35mg (17.31%), Copper: 0.31mg (15.7%), Vitamin B5: 1.02mg (10.15%), Calcium: 74.28mg (7.43%), Folate: 21.31µg (5.33%), Vitamin A: 234.77IU (4.7%), Fiber: 0.96g (3.83%), Vitamin C: 1.84mg (2.23%)