



Steak House Grilled Sirloin

 Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



18

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb beef sirloin steak boneless
- 0.3 cup onions finely chopped
- 0.8 tsp pepper sauce hot
- 0.3 cup a.1. roasted garlic steak sauce

Equipment

- grill

Directions

- Heat grill to medium heat.
- Mix first 3 ingredients.
- Grill steak 8 min. or until medium doneness (160F), turning and brushing occasionally with steak sauce mixture.
- Cut steak diagonally across the grain into thin slices.

Nutrition Facts

PROTEIN 66.86% **FAT 23.92%** **CARBS 9.22%**

Properties

Glycemic Index:1.5, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:3.9847825998845%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 53.07kcal (2.65%), Fat: 1.35g (2.08%), Saturated Fat: 0.5g (3.09%), Carbohydrates: 1.17g (0.39%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.53g (0.58%), Cholesterol: 22.3mg (7.43%), Sodium: 98.65mg (4.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.5g (17%), Selenium: 11.69µg (16.7%), Vitamin B3: 2.49mg (12.44%), Vitamin B6: 0.24mg (12.25%), Zinc: 1.53mg (10.21%), Phosphorus: 81.87mg (8.19%), Vitamin B12: 0.36µg (5.92%), Potassium: 152.11mg (4.35%), Iron: 0.67mg (3.74%), Vitamin B2: 0.05mg (2.85%), Vitamin B5: 0.25mg (2.5%), Magnesium: 9.67mg (2.42%), Vitamin B1: 0.03mg (2.06%), Copper: 0.04mg (1.91%), Folate: 5.7µg (1.42%), Vitamin E: 0.16mg (1.05%)