



Steak Tip Marinade



Gluten Free



Dairy Free



Low Fod Map

READY IN



85 min.

SERVINGS



8

CALORIES



287 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 cup barbeque sauce
- ☐ 2 teaspoons garlic pepper seasoning
- ☐ 1 cup salad dressing italian-style
- ☐ 2 pounds beef sirloin tip steaks
- ☐ 0.5 cup worcestershire sauce

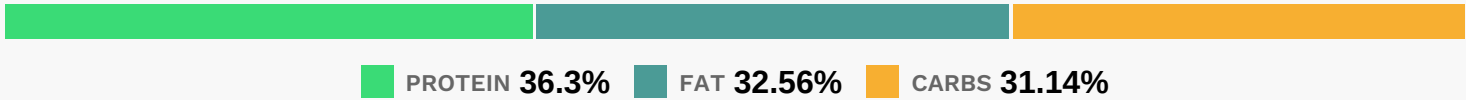
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a medium bowl, mix the Worcestershire sauce, Italian-style salad dressing, garlic pepper seasoning, and barbeque sauce.
- ☐ Place the meat in the marinade, and turn to coat. Cover, and refrigerate for at least 1 hour.
- ☐ Preheat grill for high heat.
- ☐ Brush grill lightly with oil to prevent sticking.
- ☐ Place steaks on the grill, and discard marinade. Grill steaks 10 minutes on each side, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:16.939565192098%

Nutrients (% of daily need)

Calories: 287.09kcal (14.35%), Fat: 10.11g (15.56%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 21.31g (7.75%), Sugar: 16.76g (18.63%), Cholesterol: 69.17mg (23.06%), Sodium: 948.09mg (41.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.37g (50.74%), Vitamin B12: 3.25µg (54.24%), Selenium: 36.66µg (52.37%), Zinc: 6.63mg (44.19%), Vitamin B6: 0.75mg (37.62%), Vitamin B3: 6.91mg (34.55%), Phosphorus: 271mg (27.1%), Iron: 3.96mg (22.02%), Potassium: 689.48mg (19.7%), Vitamin K: 18.31µg (17.44%), Vitamin B2: 0.27mg (16.15%), Vitamin B5: 1mg (9.95%), Magnesium: 37.56mg (9.39%), Copper: 0.18mg (9.17%), Vitamin B1: 0.12mg (7.83%), Vitamin E: 1.14mg (7.61%), Manganese: 0.13mg (6.52%), Calcium: 41.89mg (4.19%), Vitamin C: 2.57mg (3.11%), Folate: 10.11µg (2.53%), Vitamin A: 106.97IU (2.14%), Fiber: 0.45g (1.79%)