



## Steak with Orange-Thyme Sauce

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.3 pounds beef top sirloin steaks
- 0.1 teaspoon ground pepper
- 2 teaspoons thyme dried fresh minced
- 0.5 teaspoon garlic powder
- 0.5 cup orange marmalade
- 1.5 teaspoons orange zest grated
- 0.8 teaspoon lawry's seasoned salt
- 1 teaspoon soya sauce

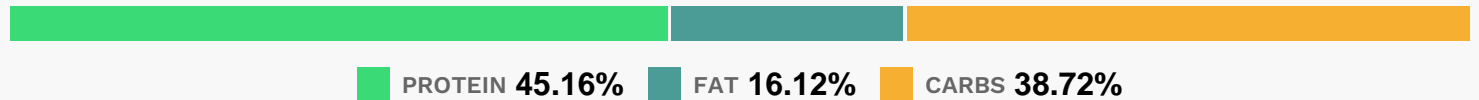
# Equipment

- bowl
- kitchen thermometer

# Directions

- In a small bowl, combine the first seven ingredients; set aside 1/3 cup for basting.
- Broil steak 4–6 in. from the heat for 8–10 minutes on each side or until meat reaches desired doneness (for medium–rare, a meat thermometer should read 145°; medium, 160°; well–done, 170°), basting with some of the reserved sauce.
- Let stand for 5 minutes before slicing.
- Serve with the remaining sauce.

# Nutrition Facts



# Properties

Glycemic Index:13, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:15.618260808613%

# Nutrients (% of daily need)

Calories: 282.87kcal (14.14%), Fat: 5.07g (7.8%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 27.42g (9.14%), Net Carbohydrates: 26.81g (9.75%), Sugar: 24.05g (26.72%), Cholesterol: 83.63mg (27.88%), Sodium: 622.14mg (27.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.97g (63.94%), Selenium: 44.04µg (62.91%), Vitamin B3: 9.29mg (46.45%), Vitamin B6: 0.91mg (45.63%), Zinc: 5.74mg (38.26%), Phosphorus: 305.54mg (30.55%), Vitamin B12: 1.33µg (22.21%), Iron: 3.03mg (16.84%), Potassium: 535.5mg (15.3%), Vitamin B2: 0.19mg (10.95%), Vitamin K: 10.18µg (9.7%), Vitamin B5: 0.95mg (9.45%), Magnesium: 35.66mg (8.92%), Copper: 0.15mg (7.74%), Vitamin B1: 0.11mg (7.63%), Folate: 24.13µg (6.03%), Calcium: 58mg (5.8%), Vitamin C: 3.24mg (3.93%), Manganese: 0.08mg (3.82%), Vitamin E: 0.48mg (3.21%), Fiber: 0.61g (2.43%), Vitamin A: 72.96IU (1.46%)