



Steaks with Peppercorn Melange and Sweet Onion Marmalade

 Dairy Free

READY IN



2895 min.

SERVINGS



4

CALORIES



326 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 1 cup orange marmalade
- ☐ 2 tablespoons peppercorn melange with the other peppercorns in the spice aisle
- ☐ 1 cup onion red finely chopped
- ☐ 4 servings salt
- ☐ 4 ounce sirloin steaks boneless
- ☐ 2 tablespoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Watch how to make this recipe.
- ☐ Place peppercorns in a plastic bag and mash them with the flat side of a meat mallet or rolling pin until finely crushed. Season both sides of steaks with salt and add to bag with crushed peppercorn melange. Refrigerate up to 48 hours. When ready to cook, heat oil in a large skillet over medium heat.
- ☐ Add steaks and cook 2 minutes per side, until browned. In a small bowl, mix together orange marmalade, onions and Worcestershire sauce.
- ☐ Add mixture to steaks and bring to a simmer. Simmer 5 minutes, until sauce thickens and steaks are cooked through.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.44, Inflammation Score:-3, Nutrition Score:7.8326087827268%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 325.77kcal (16.29%), Fat: 7.9g (12.16%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 61.61g (20.54%), Net Carbohydrates: 59.1g (21.49%), Sugar: 50.58g (56.2%), Cholesterol: 15.88mg (5.29%), Sodium: 367.07mg (15.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.15%), Manganese: 0.71mg (35.47%), Vitamin B12: 0.79µg (13.14%), Vitamin K: 10.54µg (10.04%), Fiber: 2.51g (10.02%), Copper: 0.19mg (9.68%), Iron: 1.73mg (9.62%), Vitamin C: 7.91mg (9.58%), Vitamin B6: 0.19mg (9.27%), Potassium: 310.13mg (8.86%), Selenium: 5.65µg (8.07%), Phosphorus: 77.13mg (7.71%), Zinc: 1.11mg (7.37%), Calcium: 72.7mg (7.27%), Vitamin B3: 1.23mg (6.17%), Vitamin B2: 0.1mg (5.99%), Magnesium: 20.93mg (5.23%), Folate: 18.03µg (4.51%), Vitamin B1: 0.06mg (4.14%), Vitamin E: 0.62mg (4.13%), Vitamin B5: 0.22mg (2.19%), Vitamin A: 84.46IU (1.69%)