



Summer Steak

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb beef sirloin steak boneless thick
- 1 tsp brown sugar
- 1 tsp chili powder
- 0.3 tsp garlic powder
- 0.3 tsp ground pepper red (cayenne)
- 0.3 cup a.1. original sauce
- 1 tsp paprika
- 0.3 tsp salt

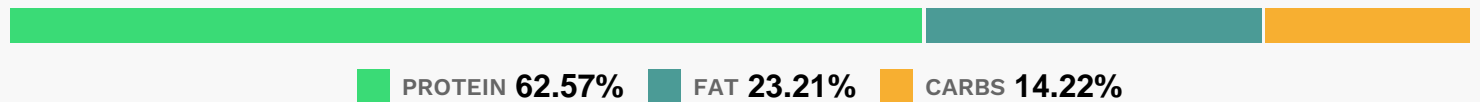
Equipment

grill

Directions

- Mix first 6 ingredients; rub onto steak. Refrigerate 30 min.
- Heat grill to medium-high heat. Grill steak 4 to 6 min. on each side or until medium doneness (160F).
- Remove from grill; cover.
- Let stand 5 min.
- Cut steak across grain into thin slices.
- Serve with steak sauce.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:12.410869634346%

Nutrients (% of daily need)

Calories: 169.62kcal (8.48%), Fat: 4.22g (6.49%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 5.34g (1.94%), Sugar: 4.32g (4.8%), Cholesterol: 66.9mg (22.3%), Sodium: 398.12mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.61g (51.21%), Selenium: 35.17µg (50.24%), Vitamin B3: 7.48mg (37.42%), Vitamin B6: 0.74mg (37.24%), Zinc: 4.6mg (30.66%), Phosphorus: 244.26mg (24.43%), Vitamin B12: 1.07µg (17.77%), Potassium: 436.77mg (12.48%), Iron: 2.09mg (11.61%), Vitamin A: 530.16IU (10.6%), Vitamin B2: 0.15mg (8.87%), Vitamin B5: 0.76mg (7.65%), Magnesium: 28.51mg (7.13%), Vitamin B1: 0.09mg (5.99%), Vitamin E: 0.78mg (5.18%), Copper: 0.1mg (5.01%), Folate: 15.43µg (3.86%), Calcium: 29.57mg (2.96%), Vitamin K: 2.51µg (2.39%), Fiber: 0.48g (1.93%), Manganese: 0.04mg (1.91%)