



Tangy Garlic Steak

 **Gluten Free**  **Dairy Free**

READY IN



140 min.

SERVINGS



8

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons garlic minced
- 16 ounce salad dressing italian
- 1 teaspoon olive oil
- 8 servings salt and pepper to taste
- 4 pounds sirloin steak
- 2 tablespoons worcestershire sauce

Equipment

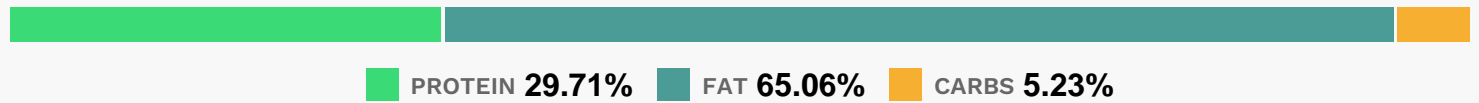
- paper towels

- knife
- baking pan
- grill

Directions

- Score the steaks lightly on both sides using a sharp knife.
- Place in a shallow baking dish.
- Pour the Italian dressing and Worcestershire sauce over them, and sprinkle with garlic. Rub the marinade into the steaks using the back of a spoon or fork. Turn steaks over, and repeat on the other side. Marinate in the refrigerator for 2 to 24 hours.
- Preheat a grill to medium-high heat. Oil the grate lightly with a paper towel dipped in olive oil.
- Grill steaks for about 6 minutes per side, or to desired doneness. Season with salt and pepper to taste before serving.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:22.055652240696%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 650.24kcal (32.51%), Fat: 46.08g (70.9%), Saturated Fat: 15.37g (96.09%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 8.3g (3.02%), Sugar: 6.57g (7.3%), Cholesterol: 127.01mg (42.34%), Sodium: 934.88mg (40.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.35g (94.7%), Vitamin B12: 6.3µg (105.08%), Selenium: 38.86µg (55.52%), Zinc: 7.51mg (50.07%), Vitamin B6: 0.92mg (46.15%), Vitamin B3: 8.35mg (41.75%), Phosphorus: 408.74mg (40.87%), Vitamin K: 32.13µg (30.6%), Iron: 4.97mg (27.61%), Vitamin B2: 0.42mg (24.47%), Potassium: 790.49mg (22.59%), Vitamin B1: 0.25mg (16.34%), Magnesium: 49.25mg (12.31%), Copper: 0.2mg (10.23%), Vitamin E: 1.32mg (8.79%), Vitamin B5: 0.71mg (7.15%), Manganese: 0.08mg (4.05%), Folate: 14.01µg (3.5%), Calcium: 29.27mg (2.93%), Vitamin C: 1.4mg (1.7%)