



Tangy Grilled Beef

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

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds beef top sirloin steak
- ☐ 2 tablespoons brown sugar
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 teaspoon garlic powder
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon worcestershire sauce

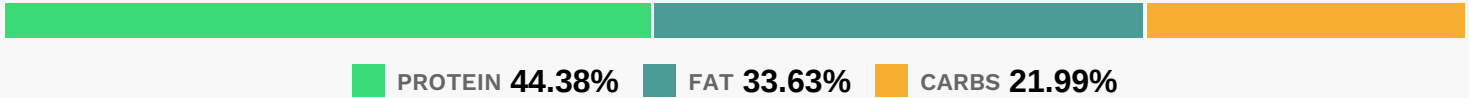
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Preheat grill for medium heat.
- ☐ In a small bowl, mix together soup, sugar, lemon juice, oil, Worcestershire, garlic powder, and thyme.
- ☐ Place steak on lightly oiled grill rack over medium hot heat. Grill for 6 to 10 minutes, uncovered, turning once.
- ☐ Brush often with soup mixture. When done, allow to rest a few moments off the heat.
- ☐ Transfer any remaining sauce to a small saucepan, and heat to boiling.
- ☐ Serve with steak.

Nutrition Facts



Properties

Glycemic Index:6.92, Glycemic Load:2.63, Inflammation Score:-4, Nutrition Score:14.114782706551%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 237.87kcal (11.89%), Fat: 8.79g (13.52%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 12.3g (4.47%), Sugar: 8.48g (9.42%), Cholesterol: 66.9mg (22.3%), Sodium: 293.32mg (12.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.1g (52.21%), Selenium: 36.64µg (52.34%), Vitamin B3: 7.81mg (39.03%), Vitamin B6: 0.77mg (38.41%), Zinc: 4.65mg (31.03%), Phosphorus: 259.43mg (25.94%), Potassium: 729.73mg (20.85%), Vitamin B12: 1.07µg (17.77%), Iron: 2.39mg (13.27%), Vitamin K: 11.95µg (11.39%), Vitamin C: 8.88mg (10.77%), Vitamin B2: 0.15mg (8.76%), Magnesium: 34.7mg (8.67%), Vitamin B5: 0.76mg (7.57%), Vitamin B1:

0.11mg (7.46%), Copper: 0.12mg (6.2%), Vitamin E: 0.88mg (5.85%), Manganese: 0.09mg (4.7%), Folate: 16.36µg (4.09%), Vitamin A: 203.23IU (4.06%), Calcium: 39.38mg (3.94%), Fiber: 0.63g (2.54%)