

Tangy Grilled Beef

READY IN



30 min.

SERVINGS



6

CALORIES



995 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds sirloin beef tips cut into 1/ slices
- ☐ 1.5 pounds beef top sirloin steak
- ☐ 2 tablespoons brown sugar
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.3 cup cider vinegar
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 1 medium cucumber peeled seeded cut into chunks
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 garlic cloves

- ☐ 4 garlic cloves
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 tablespoon ground mustard
- ☐ 2 tablespoons juice of lemon
- ☐ 1 medium onion cut into chunks
- ☐ 6 servings onion thinly sliced
- ☐ 1.5 teaspoons pepper
- ☐ 8 pita breads warmed halved
- ☐ 0.5 teaspoon salt
- ☐ 2 cups cup heavy whipping cream sour
- ☐ 0.5 cup soya sauce
- ☐ 2 tablespoons sugar
- ☐ 6 servings tomatoes chopped
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup water
- ☐ 1 tablespoon worcestershire sauce

Equipment

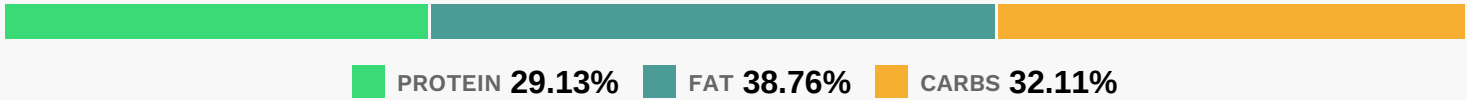
- ☐ bowl
- ☐ sauce pan
- ☐ grill

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:82.43, Glycemic Load:48.14, Inflammation Score:-9, Nutrition Score:47.846956253052%

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: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg 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: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 16.07mg, Quercetin: 16.07mg, Quercetin: 16.07mg, Quercetin: 16.07mg

Nutrients (% of daily need)

Calories: 994.8kcal (49.74%), Fat: 42.74g (65.76%), Saturated Fat: 13.82g (86.34%), Carbohydrates: 79.69g (26.56%), Net Carbohydrates: 73.21g (26.62%), Sugar: 23.91g (26.57%), Cholesterol: 195.3mg (65.1%), Sodium: 2093.4mg (91.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.3g (144.6%), Selenium: 86.6µg (123.71%), Vitamin B3: 21.13mg (105.67%), Vitamin B6: 2.11mg (105.54%), Zinc: 12.48mg (83.19%), Phosphorus: 810.56mg (81.06%), Potassium: 2087.56mg (59.64%), Manganese: 1.14mg (56.85%), Vitamin K: 55.03µg (52.41%), Vitamin B12: 3.12µg (51.95%), Vitamin C: 41.88mg (50.76%), Vitamin A: 2278.62IU (45.57%), Iron: 7.64mg (42.44%), Vitamin B1: 0.6mg (39.89%), Vitamin B2: 0.66mg (38.67%), Magnesium: 142.74mg (35.68%), Copper: 0.62mg (31.12%), Folate: 108.39µg (27.1%), Vitamin B5: 2.7mg (26.99%), Calcium: 267.26mg (26.73%), Fiber: 6.47g (25.89%), Vitamin E: 3.68mg (24.54%)