



Tangy Sirloin Strips

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

READY IN



15 min.

SERVINGS



4

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup canola oil
- 2 tablespoons worcestershire sauce
- 1 garlic clove minced
- 0.5 teaspoon onion powder
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 pound beef top sirloin steaks ()
- 4 bacon

- 1 serving lemon pepper
- 0.5 cup barbecue sauce
- 0.5 cup steak sauce
- 0.5 cup honey
- 1 tablespoon blackstrap molasses

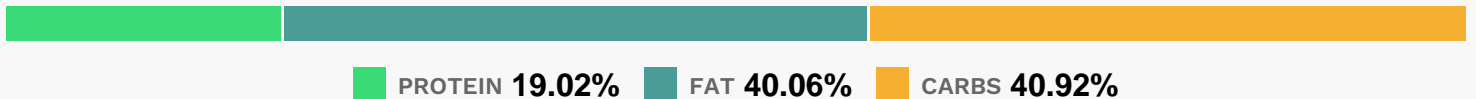
Equipment

- toothpicks
- grill
- kitchen thermometer

Directions

- In a shallow dish, combine the first six ingredients.
- Cut steak into four wide strips; add to the marinade and turn to coat. Cover and refrigerate for 2–3 hours or overnight, turning once.
- Drain and discard marinade. Wrap a bacon strip around each steak piece; secure with a toothpick.
- Sprinkle with lemon–pepper. Lightly oil the grill rack.
- Grill steak, covered, over medium–low heat or broil 4 in. from the heat for 10–15 minutes, turning occasionally, until meat reaches desired doneness (for medium–rare, a thermometer should read 135°; medium, 140°; medium–well, 145°).
- Combine the glaze ingredients; brush over steaks. Grill until glaze is heated. Discard toothpicks.

Nutrition Facts



Properties

Glycemic Index:47.57, Glycemic Load:19.94, Inflammation Score:-4, Nutrition Score:17.641304402248%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 601.24kcal (30.06%), Fat: 27.06g (41.62%), Saturated Fat: 5.46g (34.11%), Carbohydrates: 62.18g (20.73%), Net Carbohydrates: 61.24g (22.27%), Sugar: 54.17g (60.18%), Cholesterol: 81.42mg (27.14%), Sodium: 1469.19mg (63.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.91g (57.82%), Selenium: 41.47µg (59.24%), Vitamin B3: 8.87mg (44.34%), Vitamin B6: 0.88mg (44.18%), Zinc: 5.1mg (34.01%), Phosphorus: 298.37mg (29.84%), Vitamin E: 3.5mg (23.33%), Potassium: 793.93mg (22.68%), Vitamin B12: 1.18µg (19.6%), Iron: 3.45mg (19.18%), Magnesium: 53.17mg (13.29%), Manganese: 0.26mg (12.87%), Vitamin B2: 0.22mg (12.85%), Vitamin K: 12.88µg (12.26%), Copper: 0.24mg (12.03%), Vitamin B1: 0.17mg (11.66%), Vitamin B5: 1mg (10%), Calcium: 68.5mg (6.85%), Folate: 19.55µg (4.89%), Vitamin C: 3.83mg (4.64%), Fiber: 0.94g (3.76%), Vitamin A: 182.85IU (3.66%)