



## Ultimate Grilled Steak

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup balsamic vinaigrette dressing kraft
- 2 small cloves garlic minced
- 0.5 cup a.1. original sauce
- 1 tsp oregano leaves dried
- 1 lb beef rib-eye steaks boneless

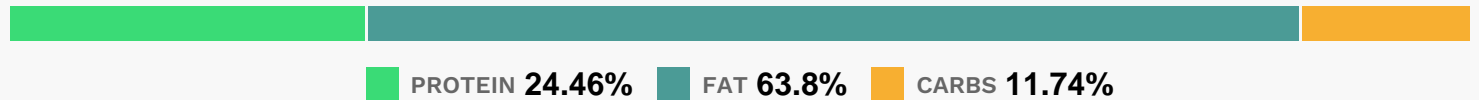
## Equipment

- grill

## Directions

- Mix first 4 ingredients; reserve 1/4 cup.
- Pour remaining steak sauce mixture over steaks in shallow glass dish; turn to evenly coat both sides of steak with sauce. Refrigerate 30 min. to marinate.
- Heat grill to medium-high heat.
- Remove steaks from marinade; discard marinade.
- Grill steaks 4 to 5 min. on each side or until medium doneness (160F).
- Cut steaks in half; serve topped with reserved sauce.

## Nutrition Facts



## Properties

Glycemic Index:0.78, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.95347825769821%

## Nutrients (% of daily need)

Calories: 34.09kcal (1.7%), Fat: 2.39g (3.68%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 0.99g (0.33%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.7g (0.78%), Cholesterol: 6.15mg (2.05%), Sodium: 60.42mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Selenium: 2.48µg (3.54%), Zinc: 0.52mg (3.46%), Vitamin B12: 0.17µg (2.79%), Vitamin B3: 0.5mg (2.48%), Vitamin B6: 0.04mg (2.11%), Phosphorus: 14.78mg (1.48%), Vitamin B2: 0.02mg (1.44%), Iron: 0.19mg (1.06%)