

Willy's Juicy Steak

 Gluten Free  Dairy Free

READY IN



335 min.

SERVINGS



4

CALORIES



824 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons garlic fresh minced
- ☐ 2 cups orange juice
- ☐ 2 tablespoons vinegar-based pepper sauce hot
- ☐ 2 pound rib-eye steaks
- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup thousand island salad dressing
- ☐ 1 cup worcestershire sauce

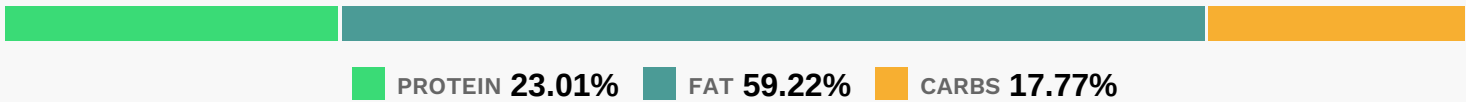
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ In a large resealable plastic bag, combine the orange juice, salad dressing, Worcestershire sauce, hot pepper sauce, and garlic. Squeeze the bag to mix well. You should have a nice brown marinade.
- ☐ Place steaks into the bag with the marinade, and seal. Refrigerate for 2 to 5 hours, turning over occasionally.
- ☐ Preheat an outdoor grill for high heat. When the grill is hot, lightly oil the grate.
- ☐ Place steaks onto the grill and season the tops with salt and pepper to taste. Baste with marinade. Cook for about 5 to 7 minutes, then flip over and salt, pepper and baste again. Grill for about 7 or 8 more minutes, or to desired doneness. Do not flip the steaks again. The internal temperature should be at least 145 degrees F (63 degrees C).
- ☐ Let steaks stand for 5 minutes before cutting, to prevent juices from running out.
- ☐ Heat the remaining marinade to a boil in a small saucepan. Use as steak sauce.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:6.95, Inflammation Score:-7, Nutrition Score:36.443043605141%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 824.02kcal (41.2%), Fat: 54.3g (83.54%), Saturated Fat: 17.48g (109.27%), Carbohydrates: 36.66g (12.22%), Net Carbohydrates: 35.81g (13.02%), Sugar: 26.91g (29.9%), Cholesterol: 154.6mg (51.53%), Sodium: 1980.44mg

(86.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.47g (94.94%), Vitamin C: 77.05mg (93.39%), Vitamin B1: 1.27mg (84.64%), Selenium: 57.31µg (81.87%), Zinc: 12.04mg (80.29%), Vitamin B12: 3.76µg (62.75%), Vitamin B3: 12.39mg (61.93%), Vitamin B6: 1.01mg (50.72%), Iron: 8.63mg (47.95%), Vitamin K: 47.62µg (45.36%), Potassium: 1498.13mg (42.8%), Vitamin B2: 0.71mg (42.04%), Phosphorus: 412.63mg (41.26%), Copper: 0.38mg (19.14%), Magnesium: 76.53mg (19.13%), Vitamin E: 2.62mg (17.44%), Folate: 50.01µg (12.5%), Calcium: 121.58mg (12.16%), Vitamin A: 479.1IU (9.58%), Manganese: 0.11mg (5.65%), Fiber: 0.85g (3.41%), Vitamin B5: 0.27mg (2.67%), Vitamin D: 0.23µg (1.51%)