

## Steak Marinade Recipe #66648

This is a variation of a recipe I got from a book that came with my BBQ. I used strip loin steaks and it was fantastic. You don't need any steak sauce to go with it. The taste from the marinade is delicious!

by LuuvBunny

33 min | 3 min prep

SERVES 2

1 tablespoon olive oil  
 1 garlic clove, minced  
 1 tablespoon worcestershire sauce  
 1 tablespoon balsamic vinegar or white vinegar  
 1 teaspoon yellow mustard  
 1 tablespoon soy sauce  
 pepper

1. Mix all ingredients together and place steaks into freezer bag with marinade, preferably overnight.
2. The original recipe used balsamic vinegar. Seems I never had that on hand so I just used white and listed that in the recipe, but balsamic is definitely better.

© 2009 Recipezaar. All Rights Reserved.  
<http://www.recipezaar.com>

Share your experience with others, and post your comments on the recipe. Type **66648** in the Search box at the top of Recipezaar, to get back to this recipe easily.

**Recipe Notes & Rating:**  5 stars  4 stars  3 stars  2 stars  1 star

### Nutrition Facts

Serving Size 1 (26g)

Recipe makes 2 servings

The following items or measurements are not included below:

1 tablespoon balsamic vinegar

#### Calories 73

Calories from Fat 61 (83%)

Amount Per Serving	%DV
Total Fat 6.8g	10%
Saturated Fat 0.9g	4%
Monounsaturated Fat 4.9g	
Polyunsaturated Fat 0.7g	
Trans Fat 0.0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 595mg</b>	<b>24%</b>
<b>Potassium 94mg</b>	<b>2%</b>
<b>Total Carbohydrate 2.7g</b>	<b>0%</b>
Dietary Fiber 0.1g	0%
Sugars 1.0g	
<b>Protein 1.1g</b>	<b>2%</b>
Vitamin A 7mcg	0%
Vitamin B6 0.0mg	2%
Vitamin B12 0.0mcg	0%
Vitamin C 1mg	2%
Vitamin E 0mcg	2%
Calcium 14mg	1%
Iron 0mg	4%

detailed view...

how is this calculated?