

Yummy Sirloin Steak Marinade

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-breaded-sirloin-steak-recipe>

Ingredients:

- 6 sirloin steaks about 3 lbs
- 1/4 cup ketchup
- 2 tablespoons chopped onion
- 1 1/2 tablespoons canola oil
- 1 1/2 teaspoons brown sugar
- 1 1/2 teaspoons worchestershire sauce
- 1 1/2 teaspoons soy sauce
- 2 cloves garlic minced
- black pepper to taste
- 1/4 cup water

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 145 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 75 grams
7. SaturatedFat: 7 grams
8. Sodium: 390 milligrams
9. Sugar: 3 grams

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