



## Balsamic Flank Steak

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup balsamic vinegar
- 1.5 lb flank steak
- 4 garlic cloves crushed
- 1 teaspoon cracked pepper fresh
- 0.8 teaspoon salt

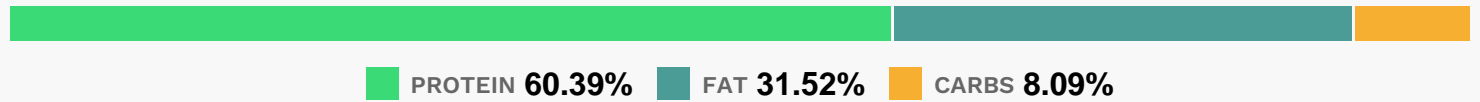
### Equipment

- grill

## Directions

- Combine vinegar and garlic in a large zip-top plastic freezer bag; add steak, turning to coat. Seal and let stand at room temperature 30 minutes, turning steak occasionally.
- Remove steak from marinade, discarding marinade.
- Sprinkle evenly with pepper and salt.
- Grill, covered with grill lid, over medium-high heat (350 to 400°F)
- to 7 minutes on each side or to desired degree of doneness.
- Let stand 10 minutes; cut into thin slices diagonally across the grain.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:2.15, Inflammation Score:-2, Nutrition Score:17.093043490434%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 257.46kcal (12.87%), Fat: 8.54g (13.13%), Saturated Fat: 3.54g (22.11%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 4.74g (1.72%), Sugar: 3.21g (3.57%), Cholesterol: 102.06mg (34.02%), Sodium: 531.68mg (23.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.8g (73.6%), Selenium: 50.63µg (72.33%), Vitamin B6: 1.07mg (53.39%), Vitamin B3: 10.62mg (53.09%), Zinc: 6.57mg (43.82%), Phosphorus: 353.01mg (35.3%), Vitamin B12: 1.55µg (25.8%), Potassium: 622.6mg (17.79%), Iron: 2.88mg (15.98%), Vitamin B2: 0.2mg (11.75%), Vitamin B5: 1.1mg (10.96%), Magnesium: 41.59mg (10.4%), Vitamin B1: 0.13mg (8.6%), Manganese: 0.16mg (8.08%), Copper: 0.15mg (7.28%), Folate: 22.29µg (5.57%), Calcium: 49.37mg (4.94%), Vitamin E: 0.5mg (3.34%), Vitamin K: 2.91µg (2.77%), Vitamin C: 0.94mg (1.13%)