

food
network



HEALTH SCORE

70%

Balsamic Glazed London Broil



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon brown sugar packed
- ☐ 1 garlic clove peeled smashed
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 pound london broil

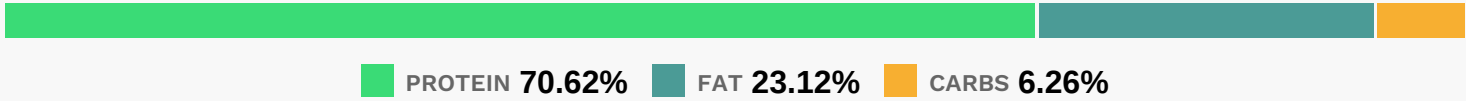
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ cutting board

Directions

- ☐ Preheat the broiler and line a rimmed baking sheet with foil.
- ☐ Season the meat with the salt and pepper. In a large skillet over low heat, combine the vinegar, brown sugar, garlic, and bay leaf. Simmer until the liquid has reduced by half and is a syrupy consistency, about 5 minutes. Discard the garlic and bay leaf.
- ☐ Put the meat on the baking sheet and slather it with the glaze. Broil the meat 4 inches from the heat until it reaches the desired level of doneness, about 4 to 5 minutes per side.
- ☐ Remove from the broiler to a cutting board and let rest for 5 minutes. Thinly slice the meat against the grain and transfer it to a serving platter.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:1.27, Inflammation Score:-3, Nutrition Score:25.2099999933515%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 313.85kcal (15.69%), Fat: 7.65g (11.77%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 4.6g (1.67%), Sugar: 4.06g (4.52%), Cholesterol: 138.35mg (46.12%), Sodium: 342.88mg (14.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.58g (105.16%), Selenium: 72.45µg (103.5%), Vitamin B3: 15.61mg (78.05%), Vitamin B6: 1.55mg (77.39%), Zinc: 10.39mg (69.24%), Phosphorus: 511.84mg (51.18%), Vitamin B12: 3.06µg (51.03%), Iron: 4.62mg (25.65%), Potassium: 868.82mg (24.82%), Vitamin B2: 0.33mg (19.67%), Vitamin B5: 1.55mg (15.48%), Magnesium: 59.01mg (14.75%), Vitamin B1: 0.22mg (14.44%), Copper: 0.25mg (12.56%), Folate: 31.84µg (7.96%), Calcium: 57.28mg (5.73%), Vitamin E: 0.66mg (4.4%), Manganese: 0.08mg (4.15%), Vitamin K: 3µg

(2.86%)