



Balsamic-Marinated Flank Steak

 Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup balsamic vinegar
- 1 teaspoon rosemary dried
- 1.5 pounds flank steak
- 1 tablespoon brown sugar light packed
- 6 servings salt and pepper

Equipment

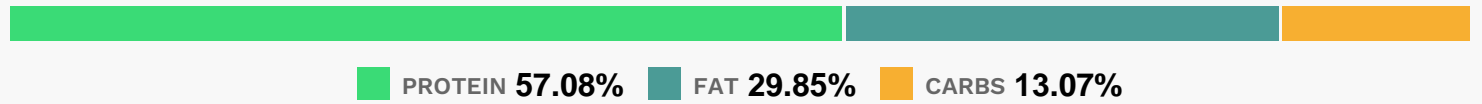
- grill
- aluminum foil

- stove
- grill pan
- cutting board

Directions

- Combine vinegar, sugar, rosemary and 1 1/2 tsp. salt in a ziplock bag.
- Add steak to bag, seal and turn bag several times to coat meat with marinade. Refrigerate 20 minutes, turning once or twice.
- Preheat a gas grill to high for 20 minutes.
- Remove steak from marinade and sprinkle both sides with salt and pepper. Discard marinade. Grill steak for 4 to 6 minutes, turn over, and continue to grill until done, 3 to 4 minutes more for medium-rare, depending on thickness of meat and heat of grill. (Alternatively, grill in batches on a lightly oiled ridged grill pan over medium-high heat on stove.)
- Transfer steak to cutting board, tent loosely with foil and let stand 5 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.81, Inflammation Score:-1, Nutrition Score:11.034782712307%

Nutrients (% of daily need)

Calories: 181.71kcal (9.09%), Fat: 5.67g (8.73%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 5.58g (2.03%), Sugar: 5.12g (5.69%), Cholesterol: 68.04mg (22.68%), Sodium: 259.35mg (11.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.41g (48.82%), Selenium: 33.48µg (47.83%), Vitamin B3: 7.06mg (35.32%), Vitamin B6: 0.69mg (34.36%), Zinc: 4.36mg (29.08%), Phosphorus: 233.19mg (23.32%), Vitamin B12: 1.03µg (17.2%), Potassium: 413.35mg (11.81%), Iron: 1.92mg (10.67%), Vitamin B2: 0.13mg (7.68%), Vitamin B5: 0.72mg (7.17%), Magnesium: 27.72mg (6.93%), Vitamin B1: 0.08mg (5.45%), Copper: 0.09mg (4.47%), Folate: 14.81µg (3.7%), Calcium: 31.54mg (3.15%), Vitamin E: 0.33mg (2.19%), Manganese: 0.04mg (2.12%), Vitamin K: 1.36µg (1.3%)