



HEALTH SCORE

64%

Balsamic-Marinated Grilled Flank Steak with Bell Pepper Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



3

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 3 servings pepper black freshly ground
- ☐ 2 teaspoons t brown sugar dark packed
- ☐ 1.5 pound flank steak trimmed of fat
- ☐ 1 medium garlic clove peeled smashed
- ☐ 0.3 cup olive green pitted coarsely chopped
- ☐ 0.5 teaspoon kosher salt as needed plus more

- ☐ 1.5 teaspoons marjoram fresh finely chopped
- ☐ 0.8 cup olive oil
- ☐ 1 tablespoon water
- ☐ 3 medium bell pepper red yellow (or a combination)

Equipment

- ☐ bowl
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ cutting board

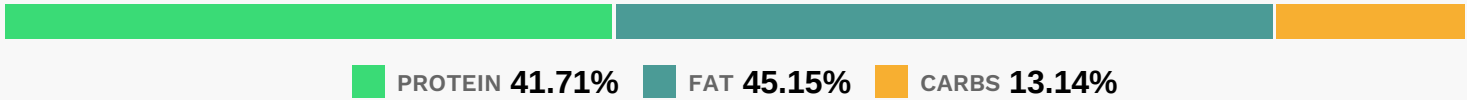
Directions

- ☐ Heat an outdoor grill to high (about 450°F to 550°F). Season the steak generously with salt and pepper and place it in a 13-by-9-inch baking dish.
- ☐ Place the remaining measured ingredients in a blender and blend until evenly combined, about 30 seconds.
- ☐ Remove 3 tablespoons of the marinade and set it aside for the relish.
- ☐ Place the bell peppers on the grill. Cover the grill and cook, turning occasionally, until the peppers are blackened and blistered on all sides, about 25 minutes.
- ☐ Remove the steak from the baking dish and let any excess marinade drip off; discard the marinade.
- ☐ Place the steak on the grill and season it generously with salt and pepper. Cover the grill and cook until grill marks appear on the bottom, about 5 to 6 minutes. Flip the steak and season generously with salt and pepper. Cover the grill and continue to cook until grill marks appear on the bottom and an instant-read thermometer inserted into the middle of the steak registers 125°F to 130°F for medium rare, about 5 to 6 minutes more.
- ☐ Transfer the peppers from the bowl to a cutting board. Set the bowl aside, reserving any liquid inside. Use a knife to scrape and peel the skins off; discard the skins. Slice the peppers

open and remove the seeds and membranes.

- ☐
- Cut the peppers into medium dice and return them to the large bowl.
- ☐
- Add the remaining measured ingredients and the reserved marinade and stir until evenly combined. Taste and season with salt and pepper as needed. Thinly slice the steak against the grain, season it with salt and pepper, and serve with the bell pepper relish.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:2.52, Inflammation Score:-8, Nutrition Score:30.655217440232%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 491.45kcal (24.57%), Fat: 24.12g (37.11%), Saturated Fat: 6.46g (40.39%), Carbohydrates: 15.79g (5.26%), Net Carbohydrates: 14.3g (5.2%), Sugar: 6.89g (7.66%), Cholesterol: 136.08mg (45.36%), Sodium: 693.61mg (30.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.13g (100.25%), Vitamin C: 218.74mg (265.14%), Selenium: 67.54µg (96.49%), Vitamin B6: 1.59mg (79.47%), Vitamin B3: 15.22mg (76.1%), Zinc: 8.93mg (59.54%), Phosphorus: 494.35mg (49.43%), Vitamin B12: 2.06µg (34.4%), Potassium: 1071.46mg (30.61%), Iron: 4.41mg (24.51%), Vitamin E: 2.64mg (17.62%), Magnesium: 69.56mg (17.39%), Vitamin B2: 0.29mg (17.22%), Vitamin B5: 1.64mg (16.42%), Copper: 0.32mg (16.03%), Folate: 60.91µg (15.23%), Vitamin B1: 0.2mg (13.41%), Manganese: 0.23mg (11.68%), Vitamin K: 10.38µg (9.89%), Calcium: 79.25mg (7.93%), Fiber: 1.49g (5.96%), Vitamin A: 287.06IU (5.74%)