



Barbecued Flank Steak with Chutney-Bourbon Glaze

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons apple juice
- 1 pound flank steak
- 2 garlic cloves minced
- 0.3 cup peach chutney
- 1.5 tablespoons pepper sauce hot
- 0.3 cup pineapple juice
- 1.5 tablespoons rice wine vinegar

0.3 teaspoon salt

Equipment

sauce pan

grill

broiler

ziploc bags

broiler pan

Directions

Prepare grill or broiler.

Trim fat from steak.

Combine steak and remaining ingredients in a large zip-top plastic bag. Seal and marinate in refrigerator 15 minutes.

Remove steak from bag, reserving marinade.

Place steak on a grill rack or broiler pan. Cook 8 minutes on each side or until desired degree of doneness.

Cut steak diagonally across grain into thin slices. Keep warm.

Pour reserved marinade into a small saucepan. Bring to a boil; cook 1 minute, stirring occasionally.

Serve with steak.

Nutrition Facts



PROTEIN 56.88% **FAT 29.99%** **CARBS 13.13%**

Properties

Glycemic Index:51.75, Glycemic Load:2.24, Inflammation Score:-2, Nutrition Score:12.2960868886655%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg,

Epigallocatechin: 0.13mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg
Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg,
Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol:
0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg,
Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 180.2kcal (9.01%), Fat: 5.77g (8.87%), Saturated Fat: 2.36g (14.76%), Carbohydrates: 5.68g (1.89%), Net
Carbohydrates: 5.38g (1.96%), Sugar: 4.2g (4.67%), Cholesterol: 68.04mg (22.68%), Sodium: 337.18mg (14.66%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.62g (49.24%), Selenium: 34µg (48.57%), Vitamin B6: 0.74mg
(36.86%), Vitamin B3: 7.24mg (36.17%), Zinc: 4.42mg (29.47%), Phosphorus: 237.32mg (23.73%), Vitamin B12:
1.03µg (17.2%), Potassium: 452.46mg (12.93%), Iron: 1.92mg (10.65%), Vitamin B2: 0.15mg (8.59%), Vitamin C:
6.71mg (8.13%), Manganese: 0.16mg (7.94%), Vitamin B5: 0.76mg (7.65%), Magnesium: 29.58mg (7.39%), Vitamin
B1: 0.1mg (6.88%), Copper: 0.11mg (5.7%), Folate: 19.39µg (4.85%), Calcium: 31.34mg (3.13%), Vitamin E: 0.43mg
(2.9%), Vitamin K: 1.95µg (1.85%), Fiber: 0.3g (1.2%), Vitamin A: 50.97IU (1.02%)