



Barbecued Flank Steak with Roasted Vegetables and Corn

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cut-up asparagus spears fresh (1 inch lengths)
- 1 lb beef flank steak
- 4 ears corn on the cob
- 1 Tbsp rosemary leaves dried
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 2 lb new potatoes red cut in half
- 2 Tbsp soya sauce

Equipment

- frying pan
- grill
- aluminum foil
- microwave

Directions

- Heat grill to medium-high heat.
- Pull husks back from each ear of corn, being careful to leave husks attached at bottom end of each ear.
- Remove silk from corn; discard. Re-wrap ears of corn with the husks.
- Add to large pan of cold water, making sure corn is completely covered with water.
- Let stand 10 min. Meanwhile, mix dressing and soy sauce.
- Pour 2 Tbsp. of the dressing mixture over steak in shallow dish; turn steak over.
- Let stand 10 min.
- Meanwhile, place potatoes in large microwaveable dish. Microwave on HIGH 10 min.
- Add asparagus; mix lightly.
- Add remaining dressing mixture and the rosemary; toss to evenly coat. Poke small holes in bottom of disposable aluminum foil pan.
- Add potato mixture.
- Place on grate of grill; surround with steak and corn.
- Grill 15 min. or until steak is cooked to medium doneness (160F) and vegetables are tender, turning steak and corn after 8 min. and stirring potato mixture frequently. (Corn husks will be blackened.)

Nutrition Facts



Properties

Glycemic Index:50.19, Glycemic Load:29.38, Inflammation Score:-8, Nutrition Score:30.215652320696%

Flavonoids

Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 457.47kcal (22.87%), Fat: 10.36g (15.94%), Saturated Fat: 3.21g (20.07%), Carbohydrates: 60.56g (20.19%), Net Carbohydrates: 52.64g (19.14%), Sugar: 9.77g (10.86%), Cholesterol: 68.04mg (22.68%), Sodium: 736.88mg (32.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.61g (67.22%), Vitamin B6: 1.51mg (75.55%), Vitamin C: 53.24mg (64.53%), Vitamin B3: 11.76mg (58.78%), Selenium: 35.85µg (51.21%), Potassium: 1691.47mg (48.33%), Phosphorus: 470.34mg (47.03%), Zinc: 5.67mg (37.81%), Fiber: 7.92g (31.67%), Manganese: 0.62mg (31.2%), Vitamin B1: 0.46mg (30.87%), Magnesium: 121.25mg (30.31%), Iron: 5.19mg (28.86%), Folate: 110.4µg (27.6%), Vitamin K: 28.1µg (26.76%), Copper: 0.46mg (22.96%), Vitamin B5: 2.16mg (21.57%), Vitamin B2: 0.32mg (18.64%), Vitamin B12: 1.03µg (17.2%), Vitamin A: 457.19IU (9.14%), Calcium: 75.14mg (7.51%), Vitamin E: 1.11mg (7.43%)