



Barbecued Flank Steak with Roasted Vegetables and Corn

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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:5.02, Glycemic Load:2.94, Inflammation Score:-1, Nutrition Score:3.0217391122942%

Flavonoids

Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 45.75kcal (2.29%), Fat: 1.04g (1.59%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 5.26g (1.91%), Sugar: 0.98g (1.09%), Cholesterol: 6.8mg (2.27%), Sodium: 73.69mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Vitamin B6: 0.15mg (7.56%), Vitamin C: 5.32mg (6.45%), Vitamin B3: 1.18mg (5.88%), Selenium: 3.58µg (5.12%), Potassium: 169.15mg (4.83%), Phosphorus: 47.03mg (4.7%), Zinc: 0.57mg (3.78%), Fiber: 0.79g (3.17%), Manganese: 0.06mg (3.12%), Vitamin B1: 0.05mg (3.09%), Magnesium: 12.13mg (3.03%), Iron: 0.52mg (2.89%), Folate: 11.04µg (2.76%), Vitamin K: 2.81µg (2.68%), Copper: 0.05mg (2.3%), Vitamin B5: 0.22mg (2.16%), Vitamin B2: 0.03mg (1.86%), Vitamin B12: 0.1µg (1.72%)