



## BBQ NY Strip

 **Gluten Free**  **Dairy Free**

READY IN



150 min.

SERVINGS



4

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon basil dried
- 0.5 cup olive oil extra virgin
- 0.3 cup garlic minced
- 0.5 teaspoon seasoning italian
- 1 tablespoon red wine vinegar
- 0.3 cup steak seasoning
- 2 pound fat-trimmed beef flank steak
- 0.5 cup worcestershire sauce

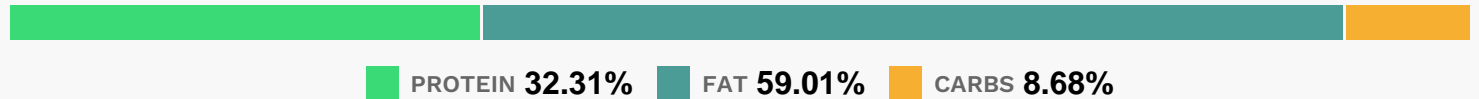
## Equipment

- bowl
- grill
- ziploc bags

## Directions

- In a bowl, mix the olive oil, Worcestershire sauce, garlic, steak seasoning, red wine vinegar, basil, and Italian seasoning.
- Pour into a large resealable plastic bag. Pierce steaks on all sides with a fork, and place in the bag. Gently shake to coat. Seal bag and marinate steaks a minimum of 2 hours in the refrigerator.
- Preheat grill for high heat.
- Lightly oil the grill grate. Discard marinade.
- Place steaks on the grill, and cook 7 minutes on each side, or to desired doneness.

## Nutrition Facts



## Properties

Glycemic Index:8.75, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:27.588695673839%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 573.7kcal (28.69%), Fat: 37.86g (58.24%), Saturated Fat: 15.17g (94.8%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 11.7g (4.25%), Sugar: 3.67g (4.08%), Cholesterol: 138.35mg (46.12%), Sodium: 568mg (24.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.64g (93.29%), Selenium: 57.05µg (81.5%), Zinc: 11.95mg (79.68%), Vitamin B12: 3.76µg (62.75%), Vitamin B3: 11.55mg (57.76%), Vitamin B6: 1.07mg (53.62%), Vitamin K: 46.07µg (43.88%), Iron: 7.66mg (42.57%), Phosphorus: 368.71mg (36.87%), Vitamin B2: 0.61mg (35.72%),

Potassium: 954.78mg (27.28%), Manganese: 0.47mg (23.43%), Vitamin B1: 0.25mg (16.85%), Magnesium: 65.73mg (16.43%), Copper: 0.31mg (15.63%), Calcium: 118.69mg (11.87%), Vitamin C: 7.67mg (9.3%), Vitamin E: 0.93mg (6.19%), Folate: 16.83µg (4.21%), Vitamin A: 182.27IU (3.65%), Fiber: 0.83g (3.3%), Vitamin D: 0.23µg (1.51%)