



## Beef Pinwheels

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



8

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds flank steak trimmed
- 1 tablespoon lemon pepper
- 4 drops hot sauce hot
- 0.3 cup soya sauce
- 0.8 cup vegetable oil
- 0.7 cup water
- 2 teaspoons worcestershire sauce

## Equipment

- bowl
- plastic wrap
- grill
- skewers

## Directions

- In a large bowl, combine the oil, water, soy sauce, lemon-pepper, Worcestershire sauce and pepper sauce; set aside.
- Cover steak with plastic wrap. Flatten to 1/2-in. thickness.
- Remove plastic. Diagonally cut into 1/2-in. strips; add to marinade. Cover and refrigerate for 4 hours or overnight.
- Drain and discard marinade. Divide meat strips into eight portions.
- Roll strips into pinwheels, using larger strips around edges. Secure each with a skewer.
- Grill over medium-hot heat for 5-6 minutes on each side or until beef reaches desired doneness.

## Nutrition Facts

**PROTEIN 52%** **FAT 45.56%** **CARBS 2.44%**

## Properties

Glycemic Index:5.88, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:12.140869557534%

## Nutrients (% of daily need)

Calories: 198.93kcal (9.95%), Fat: 9.79g (15.06%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.28g (0.32%), Cholesterol: 68.04mg (22.68%), Sodium: 498.94mg (21.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.14g (50.29%), Selenium: 33.55µg (47.94%), Vitamin B3: 7.37mg (36.84%), Vitamin B6: 0.7mg (35.18%), Zinc: 4.39mg (29.26%), Phosphorus: 240.63mg (24.06%), Vitamin B12: 1.03µg (17.2%), Potassium: 424.74mg (12.14%), Iron: 2.07mg (11.52%), Vitamin K: 10.13µg (9.65%), Vitamin B2: 0.15mg (8.54%), Vitamin B5: 0.75mg (7.53%), Magnesium: 29.55mg (7.39%), Manganese: 0.14mg (7.23%), Vitamin B1: 0.09mg (5.86%), Copper: 0.11mg (5.44%), Vitamin E: 0.67mg (4.49%), Folate: 16.32µg (4.08%), Calcium: 30.82mg (3.08%)