



Bloody Mary Flank Steak with Grilled Onions

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lbs beef flank steak fat trimmed
- 4 servings coarse kosher salt and pepper black freshly ground
- 4 servings bloody mary marinade
- 1 leaves celery and lemon wedges
- 4 large onions red

Equipment

- grill
- ziploc bags

Directions

- Put steak and onion slices in a 1-gal. resealable plastic bag and pour in marinade. Seal bag and marinate in refrigerator, turning occasionally, at least 4 hours and up to overnight.
- Remove steak and onions, reserving marinade.
- Prepare a gas or charcoal grill for high heat (you can hold your hand 1 to 2 in. above grill level only 1 to 2 seconds). Arrange steak and onions on grill and baste with marinade; close lid if using gas. Cook steak and onions until they begin to brown, 4 to 5 minutes. Turn over, baste again, and close lid. Cook onions until browned on both sides and softened, 2 to 3 minutes more; remove and set aside. Continue to cook steak until done to your liking, 10 to 12 minutes total for medium-rare.
- Transfer steak to a rimmed board or a platter and let rest 3 to 5 minutes.
- Thinly slice steak across the grain. Season to taste with salt and pepper.
- Serve topped with onion slices and garnished with celery leaves and lemon wedges.

Nutrition Facts

 **PROTEIN 55.64%**  **FAT 28.6%**  **CARBS 15.76%**

Properties

Glycemic Index:21.13, Glycemic Load:2.29, Inflammation Score:-6, Nutrition Score:18.959130476188%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 279.02kcal (13.95%), Fat: 8.62g (13.26%), Saturated Fat: 3.58g (22.35%), Carbohydrates: 10.69g (3.56%), Net Carbohydrates: 8.79g (3.2%), Sugar: 4.95g (5.5%), Cholesterol: 102.06mg (34.02%), Sodium: 113.47mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.73g (75.46%), Selenium: 50.73µg (72.48%), Vitamin B6: 1.16mg (58.08%), Vitamin B3: 10.72mg (53.6%), Zinc: 6.7mg (44.69%), Phosphorus: 375.69mg (37.57%), Vitamin B12: 1.55µg (25.8%), Potassium: 742.86mg (21.22%), Iron: 2.86mg (15.9%), Vitamin B2: 0.23mg (13.27%), Magnesium: 48.61mg (12.15%), Vitamin B5: 1.21mg (12.09%), Vitamin B1: 0.17mg (11.55%), Folate: 43.06µg (10.76%), Vitamin C:

8.27mg (10.03%), Manganese: 0.17mg (8.67%), Copper: 0.17mg (8.42%), Fiber: 1.9g (7.61%), Calcium: 61.53mg (6.15%), Vitamin E: 0.52mg (3.44%), Vitamin K: 2.64µg (2.52%)