



Bloody Mary Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lbs beef flank steak fat trimmed
- ☐ 0.3 teaspoon celery seed
- ☐ 1 teaspoon horseradish prepared
- ☐ 2 teaspoons kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 large onions red
- ☐ 1 cup sacramento tomato juice
- ☐ 0.5 cup vodka

☐ 1 tablespoon worcestershire

Equipment

☐ bowl

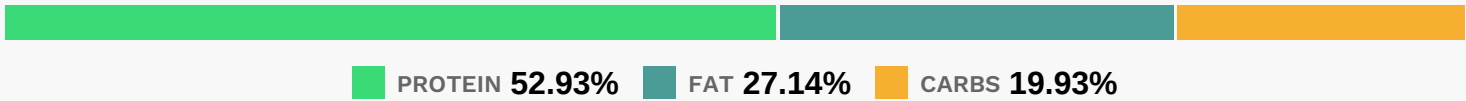
☐ whisk

☐ grill

Directions

- ☐ In a bowl, whisk together tomato juice, vodka, lemon juice, Worcestershire, salt, horseradish, and celery seed.
- ☐ Add flank steak and red onions to marinade and chill at least 4 hours and up to 16 hours.
- ☐ Prepare a hot charcoal or gas grill. Grill steak and onions, turning once and basting halfway through cooking, until onions are browned (6 to 8 minutes) and meat is done the way you like it, 10 to 12 minutes for medium-rare (cut to test).

Nutrition Facts



Properties

Glycemic Index:27.08, Glycemic Load:3.04, Inflammation Score:-7, Nutrition Score:21.650869473167%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 23.08mg, Quercetin: 23.08mg, Quercetin: 23.08mg, Quercetin: 23.08mg

Nutrients (% of daily need)

Calories: 362.67kcal (18.13%), Fat: 8.7g (13.39%), Saturated Fat: 3.59g (22.41%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 12.18g (4.43%), Sugar: 7.54g (8.38%), Cholesterol: 102.06mg (34.02%), Sodium: 1324.44mg (57.58%), Alcohol: 10.02g (100%), Alcohol %: 3.28% (100%), Protein: 38.19g (76.37%), Selenium: 50.99µg (72.85%), Vitamin B6: 1.23mg (61.7%), Vitamin B3: 11.17mg (55.87%), Zinc: 6.83mg (45.51%), Phosphorus: 392.15mg (39.22%),

Vitamin C: 23.04mg (27.93%), Potassium: 926.84mg (26.48%), Vitamin B12: 1.55µg (25.8%), Iron: 3.42mg (18.98%),
Vitamin B2: 0.25mg (14.92%), Folate: 57.73µg (14.43%), Magnesium: 57.02mg (14.26%), Vitamin B1: 0.21mg (13.89%),
Vitamin B5: 1.37mg (13.7%), Copper: 0.22mg (11.01%), Manganese: 0.22mg (10.9%), Fiber: 2.19g (8.77%), Calcium:
75.72mg (7.57%), Vitamin A: 279.47IU (5.59%), Vitamin E: 0.73mg (4.84%), Vitamin K: 3.94µg (3.75%)