



Braised Flank Steak with Lemon and Garlic

 Dairy Free

READY IN



110 min.

SERVINGS



3

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pound flank steak
- 13.8 ounce chicken broth canned
- 1 tablespoon cooking oil
- 0.5 cup flour all-purpose
- 2 cloves garlic minced
- 0.5 teaspoon garlic powder
- 2 teaspoons juice of lemon
- 3 servings salt and pepper to taste

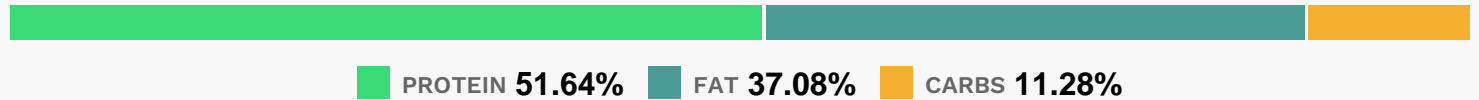
Equipment

- frying pan
- ladle

Directions

- Mix the flour and garlic powder together in a shallow dish. Season with salt and pepper to taste. Dip the steak in the flour mixture evenly coating both sides. Set aside. Discard remaining flour mixture.
- Heat the cooking oil in a skillet over medium-high heat.
- Place the steak in the skillet and cook until browned on both sides, about 5 minutes for each side. Stir in the chicken broth, lemon juice, garlic, and cloves. Bring the mixture to a boil over medium-high heat, then reduce heat to low. Cover, and simmer until steak is tender, about 1 1/2 hours.
- To serve, remove steak from the skillet, and slice across the grain in thin strips.
- Place on serving plates, and ladle sauce over meat.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:11.7, Inflammation Score:-6, Nutrition Score:30.963043352832%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 673.55kcal (33.68%), Fat: 26.76g (41.16%), Saturated Fat: 8.01g (50.05%), Carbohydrates: 18.32g (6.11%), Net Carbohydrates: 17.66g (6.42%), Sugar: 0.17g (0.19%), Cholesterol: 201.05mg (67.02%), Sodium: 941.37mg (40.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.85g (167.7%), Selenium: 98.28µg (140.4%), Vitamin B3: 18.49mg (92.46%), Vitamin B6: 1.66mg (83.14%), Zinc: 12.12mg (80.81%), Phosphorus: 684.83mg (68.48%),

Vitamin B12: 3.36µg (56.05%), Iron: 6.22mg (34.53%), Vitamin B2: 0.5mg (29.24%), Potassium: 1011.93mg (28.91%),
Vitamin B1: 0.33mg (22.25%), Magnesium: 80.26mg (20.06%), Folate: 71.17µg (17.79%), Vitamin B5: 1.54mg (15.4%),
Copper: 0.27mg (13.49%), Vitamin E: 1.91mg (12.75%), Manganese: 0.21mg (10.31%), Vitamin K: 9.14µg (8.7%),
Calcium: 73.28mg (7.33%), Vitamin A: 230.37IU (4.61%), Fiber: 0.66g (2.64%), Vitamin C: 1.92mg (2.33%)