



Cola- Marinated Flank Steak



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



8

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef flank steak
- ☐ 1 cup coca-cola
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons hot sauce
- ☐ 1 onion diced
- ☐ 2 tablespoons red wine vinegar
- ☐ 8 servings salt and pepper
- ☐ 1 cup bottled teriyaki sauce

☐ 1 teaspoon vegetable oil

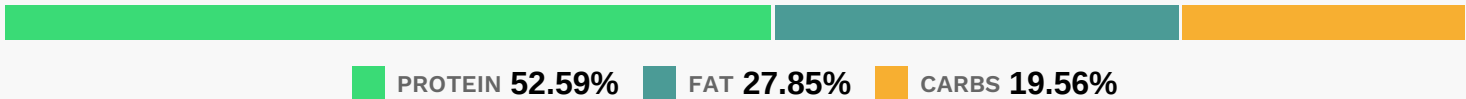
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ cutting board
- ☐ broiler pan

Directions

- ☐ With a sharp knife, lightly score both sides of steak in a crisscross pattern.
- ☐ Place steak in a large ziplock bag.
- ☐ In a medium bowl, combine teriyaki sauce, cola, onion, garlic, vinegar, oil and hot sauce, whisking well to combine. Reserve 1/2 cup of marinade.
- ☐ Pour remaining marinade over steak in ziplock bag, seal bag and turn over a few times to thoroughly coat. Refrigerate for 2 hours.
- ☐ Preheat broiler and place a rack 3 inches from heat source.
- ☐ Let steak and marinade sit at room temperature for 15 minutes.
- ☐ Remove steak from bag; discard excess marinade. Season steak on both sides with salt and pepper.
- ☐ Place steak on a broiler pan and broil for 6 minutes. Turn steak, brush with reserved marinade and broil for 6 minutes longer (for medium rare).
- ☐ Remove steak to a cutting board, tent with foil to keep warm and allow to rest for 10 minutes. Carve steak into thin slices and serve.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:2.1, Inflammation Score:-3, Nutrition Score:12.68869565816%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 210.41kcal (10.52%), Fat: 6.27g (9.65%), Saturated Fat: 2.45g (15.28%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 9.62g (3.5%), Sugar: 8.35g (9.28%), Cholesterol: 68.04mg (22.68%), Sodium: 1720.68mg (74.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.65g (53.3%), Selenium: 34µg (48.57%), Vitamin B3: 7.55mg (37.73%), Vitamin B6: 0.75mg (37.42%), Zinc: 4.42mg (29.45%), Phosphorus: 292.67mg (29.27%), Vitamin B12: 1.03µg (17.2%), Potassium: 496.04mg (14.17%), Iron: 2.46mg (13.67%), Magnesium: 48.69mg (12.17%), Vitamin B2: 0.16mg (9.55%), Vitamin B5: 0.81mg (8.09%), Vitamin B1: 0.1mg (6.71%), Copper: 0.13mg (6.35%), Folate: 20.44µg (5.11%), Vitamin C: 3.58mg (4.34%), Calcium: 37.85mg (3.78%), Vitamin E: 0.38mg (2.55%), Vitamin K: 2.53µg (2.41%), Manganese: 0.04mg (2.04%), Fiber: 0.29g (1.15%)