



Deviled Flank Steak

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

READY IN



30 min.

SERVINGS



30

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb beef flank steak
- 2 Tbsp brown sugar
- 2 Tbsp grey poupon dijon mustard
- 0.3 cup a.1. & sauce thick hearty divided
- 2 Tbsp olive oil
- 0.5 tsp pepper sauce hot
- 2 Tbsp soya sauce
- 2 Tbsp heinz tomato ketchup

2 Tbsp heinz red wine vinegar

Equipment

sauce pan

grill

aluminum foil

Directions

Heat grill to medium-high heat.

Brush steak with 2 Tbsp. steak sauce. Grill 16 to 18 min. or until medium doneness, turning after 9 min.

Remove to carving board; tent with foil.

Let stand 5 min.

Meanwhile, mix remaining steak sauce with all remaining ingredients in saucepan. Bring to boil on high heat; simmer on medium-low heat 2 min. or until thickened.

Cut steak across the grain into thin slices.

Serve topped with sauce.

Nutrition Facts



PROTEIN 37.78% **FAT 42.7%** **CARBS 19.52%**

Properties

Glycemic Index:1.57, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.70608695888%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 37.08kcal (1.85%), Fat: 1.73g (2.66%), Saturated Fat: 0.45g (2.78%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 1.72g (0.63%), Sugar: 1.51g (1.68%), Cholesterol: 9.07mg (3.02%), Sodium: 122.42mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Selenium: 4.83µg (6.9%), Vitamin B3: 1.01mg (5.06%), Vitamin B6: 0.1mg (4.84%), Zinc: 0.59mg (3.95%), Phosphorus: 33.6mg (3.36%), Vitamin B12: 0.14µg (2.29%), Potassium: 60.36mg (1.72%), Iron: 0.3mg (1.65%), Vitamin E: 0.2mg (1.32%), Vitamin B2: 0.02mg (1.28%),

Magnesium: 4.55mg (1.14%), Vitamin B5: 0.1mg (1.04%)