

Dirty Steak



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 optional: lemon quartered
- ☐ 4 servings pepper black freshly ground fine
- ☐ 32 ounce fat-trimmed beef flank steak cut at room temperature
- ☐ 0.5 cup butter unsalted melted (1 stick)

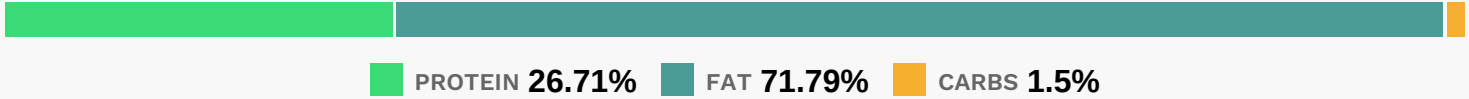
Equipment

- ☐ grill
- ☐ kitchen thermometer
- ☐ tongs

Directions

- ☐ Sprinkle both sides of steaks liberally with salt and pepper. Set aside.
- ☐ Fill a charcoal chimney with briquets, set the chimney on the bottom grill grate, and light. When the coals are ready, dump them into the bottom of your grill. Cover half of your bottom grate with briquets.
- ☐ When the briquets are white-hot, place each steak directly onto the hot coals using long-handled tongs or a fork. Leave steaks on the coals for 2 minutes. Turn them over and grill for another 2 to 3 minutes for rare (125°F on a meat thermometer). For medium-rare (135°F) to medium (140°F), leave the steaks on the coals for 1 to 2 minutes longer.
- ☐ Remove the steaks from the coals and brush off the ashes.
- ☐ Spread melted butter over the top and a squeeze of lemon before serving, if you desire.
- ☐ Excerpt from 25 Essentials: Techniques for Grilling, by Ardie A. Davis, © 200
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Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:22.817391434441%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 683.27kcal (34.16%), Fat: 55.17g (84.87%), Saturated Fat: 28.85g (180.33%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.69g (0.77%), Cholesterol: 199.35mg (66.45%), Sodium: 121.62mg (5.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.18g (92.36%), Selenium: 55.73µg (79.62%), Zinc: 11.68mg (77.85%), Vitamin B12: 3.81µg (63.55%), Vitamin B3: 11.14mg (55.72%), Vitamin B6: 0.93mg (46.38%), Phosphorus: 337.87mg (33.79%), Vitamin B2: 0.56mg (32.78%), Iron: 4.08mg (22.66%), Potassium: 653.21mg

(18.66%), Vitamin C: 14.31mg (17.35%), Vitamin A: 749.6IU (14.99%), Vitamin B1: 0.21mg (14.13%), Magnesium: 50.53mg (12.63%), Copper: 0.19mg (9.64%), Vitamin K: 5.55µg (5.29%), Vitamin E: 0.7mg (4.67%), Vitamin D: 0.65µg (4.35%), Fiber: 0.78g (3.13%), Calcium: 30.15mg (3.01%), Folate: 10.64µg (2.66%), Manganese: 0.02mg (1.1%)