



 17%  
HEALTH SCORE

## Drunken Flat Iron Steak

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

READY IN



375 min.

SERVINGS



6

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup mirin dry
- 0.3 cup mirin dry
- 2 pound flat iron steak
- 2.5 tablespoons olive oil
- 1 tablespoon pepper red
- 0.3 cup mirin sweet
- 0.3 cup mirin sweet

### Equipment

frying pan

## Directions

Place steak into a large resealable bag or shallow dish.

Pour in the dry vermouth and sweet vermouth and stir to coat the steak. Seal or cover and refrigerate for 6 hours to marinate.

Heat the oil in a large skillet over medium heat.

Remove steak from the bag and discard the marinade. Season the steak on both sides with red pepper flakes. Fry for 3 to 4 minutes per side for medium-rare, or to your desired degree of doneness.

Let rest for a few minutes before serving.

## Nutrition Facts

 **PROTEIN 35.96%**  **FAT 61.35%**  **CARBS 2.69%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:19.511739399527%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 353.43kcal (17.67%), Fat: 21.93g (33.74%), Saturated Fat: 6.8g (42.52%), Carbohydrates: 2.16g (0.72%), Net Carbohydrates: 1.69g (0.62%), Sugar: 0.1g (0.11%), Cholesterol: 99.79mg (33.26%), Sodium: 133.87mg (5.82%), Alcohol: 3.8g (100%), Alcohol %: 2.43% (100%), Protein: 28.92g (57.84%), Vitamin B12: 7.64µg (127.26%), Zinc: 10.46mg (69.73%), Selenium: 45.33µg (64.76%), Vitamin B6: 0.59mg (29.37%), Phosphorus: 282.2mg (28.22%), Vitamin B3: 5.33mg (26.63%), Iron: 3.83mg (21.29%), Vitamin B2: 0.36mg (20.93%), Vitamin B5: 1.45mg (14.51%), Potassium: 493.26mg (14.09%), Vitamin E: 1.61mg (10.7%), Vitamin B1: 0.15mg (10.2%), Copper: 0.19mg (9.66%), Magnesium: 33.74mg (8.43%), Vitamin A: 395.33IU (7.91%), Vitamin K: 5.83µg (5.55%), Manganese: 0.05mg (2.34%), Fiber: 0.46g (1.86%), Calcium: 13.53mg (1.35%), Folate: 4.91µg (1.23%)