



Dry Rubbed Flank Steak



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon allspice
- ☐ 0.5 teaspoon cayenne
- ☐ 3 pounds flank steak
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon ground mustard
- ☐ 1 tablespoon onion powder
- ☐ 1 tablespoon salt

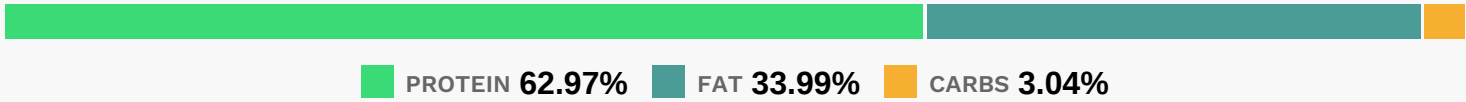
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat a grill pan over high heat for 3 to 4 minutes
- ☐ Combine the mustard, onion powder, garlic powder, salt, cayenne and allspice in a small bowl. Rub the flank steak all over with the mix and let sit for 10 minutes.
- ☐ Put the steak on the hot grill and cook 5 minutes per side.
- ☐ Remove and let rest 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:22.765652127888%

Nutrients (% of daily need)

Calories: 325.78kcal (16.29%), Fat: 11.82g (18.19%), Saturated Fat: 4.74g (29.63%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 1.87g (0.68%), Sugar: 0.21g (0.23%), Cholesterol: 136.08mg (45.36%), Sodium: 1284.86mg (55.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.27g (98.55%), Selenium: 69.84µg (99.77%), Vitamin B3: 14.21mg (71.05%), Vitamin B6: 1.41mg (70.57%), Zinc: 8.85mg (59.02%), Phosphorus: 477.65mg (47.76%), Vitamin B12: 2.06µg (34.4%), Potassium: 813.85mg (23.25%), Iron: 3.75mg (20.83%), Vitamin B2: 0.27mg (15.78%), Vitamin B5: 1.46mg (14.57%), Magnesium: 56.95mg (14.24%), Vitamin B1: 0.18mg (12.3%), Copper: 0.19mg (9.45%), Folate: 32.95µg (8.24%), Calcium: 57.78mg (5.78%), Vitamin E: 0.78mg (5.19%), Manganese: 0.09mg (4.53%), Vitamin K: 2.97µg (2.83%), Fiber: 0.5g (2.01%), Vitamin A: 70.16IU (1.4%)