



# Easy BBQ Flank Steak with Chipotle Mayo

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



8

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 7 ounce chipotles in adobo canned
- 2 pounds flank steak
- 3 tablespoons rosemary leaves fresh chopped
- 6 cloves garlic minced
- 1.5 tablespoons pepper black
- 4.5 tablespoons honey
- 1.5 cups mayonnaise
- 0.5 cup olive oil

- 1 teaspoon salt
- 0.5 cup soya sauce

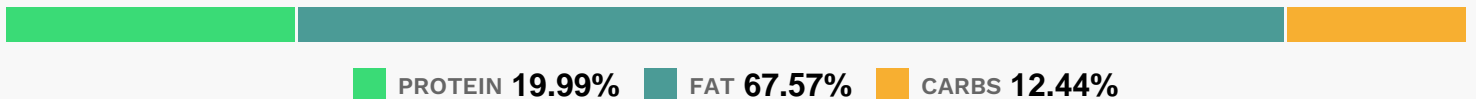
## Equipment

- bowl
- grill
- kitchen thermometer
- ziploc bags

## Directions

- Combine soy sauce, olive oil, honey, garlic, rosemary, pepper, and salt in a resealable plastic bag.
- Add the steak, and turn to coat with the marinade; press out excess air, and seal the bag. Marinate in the refrigerator for 30 minutes, or overnight for better flavor.
- Preheat an outdoor grill for medium-high heat. Discard marinade.
- Lightly oil the grate. Grill the flank steak for 7 minutes per side, or to desired doneness. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C).
- Let stand for 10 minutes before slicing very thinly against the grain.
- Drain the chipotle peppers reserving 1 teaspoon of the adobo sauce. Finely chop the chipotle peppers. Stir together the mayonnaise, chipotle peppers, and reserved adobo sauce in a medium bowl.
- Serve the sauce with the steak.

## Nutrition Facts



## Properties

Glycemic Index:22.41, Glycemic Load:5.65, Inflammation Score:-3, Nutrition Score:17.160000005494%

## Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 533.13kcal (26.66%), Fat: 39.89g (61.37%), Saturated Fat: 7.68g (47.99%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 13.48g (4.9%), Sugar: 11.87g (13.19%), Cholesterol: 85.68mg (28.56%), Sodium: 1429.03mg (62.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.55g (53.1%), Vitamin K: 73.33µg (69.83%), Selenium: 35µg (50.01%), Vitamin B3: 7.68mg (38.42%), Vitamin B6: 0.75mg (37.75%), Zinc: 4.54mg (30.28%), Phosphorus: 262.92mg (26.29%), Vitamin B12: 1.08µg (18.04%), Iron: 3.04mg (16.89%), Manganese: 0.29mg (14.31%), Vitamin E: 2.11mg (14.06%), Potassium: 461.04mg (13.17%), Fiber: 3.06g (12.23%), Vitamin B2: 0.17mg (10.03%), Vitamin B5: 0.88mg (8.84%), Magnesium: 34.58mg (8.65%), Copper: 0.14mg (6.94%), Vitamin B1: 0.1mg (6.69%), Folate: 20.76µg (5.19%), Calcium: 42.42mg (4.24%), Vitamin A: 56.83IU (1.14%), Vitamin C: 0.92mg (1.12%)