



Eat for Eight Bucks: Broiled Hanger Steak



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



1266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup olive oil
- ☐ 2 servings red wine vinegar
- ☐ 0.3 cup red wine vinegar
- ☐ 1 fat-trimmed beef flank steak
- ☐ 3 fat-trimmed beef flank steak

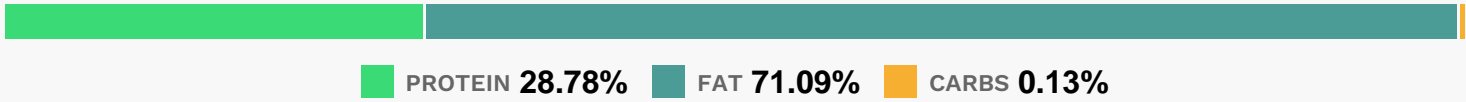
Equipment

- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Up to one day but at least 4 hours in advance, marinate the steak in the oil, vinegar, salt, and pepper. Lots of people like to do this in a resealable plastic bag, but I am stingy with bags and so use a dish instead. Leave the marinating steak in the refrigerator and turn it over every once in a while.
- ☐ Preheat the broiler and prepare a rack just a few inches away from the heat source. Line a rimmed baking sheet with aluminum foil. Hold the steak up over the marinating dish and wipe excess marinade off with your hand; you just don't want it to be swimming in oil, so you don't need to dry it off completely.
- ☐ Lay the steak on the lined baking sheet and broil 4 minutes per side. Allow the steak to rest while you prepare the rest of dinner and then slice very thin across the grain.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:36.868695254883%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 1266.28kcal (63.31%), Fat: 99.93g (153.74%), Saturated Fat: 33.41g (208.79%), Carbohydrates: 0.41g (0.14%), Net Carbohydrates: 0.29g (0.1%), Sugar: 0g (0%), Cholesterol: 275.72mg (91.91%), Sodium: 1401.39mg (60.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 91.01g (182.02%), Selenium: 110.32µg (157.59%), Zinc: 23.21mg (154.71%), Vitamin B12: 7.5µg (125.05%), Vitamin B3: 22.14mg (110.68%), Vitamin B6: 1.8mg (90.25%), Phosphorus: 654.46mg (65.45%), Vitamin B2: 1.08mg (63.6%), Iron: 8.19mg (45.51%), Potassium: 1232.21mg (35.21%), Vitamin E: 5.19mg (34.59%), Vitamin K: 29.27µg (27.88%), Vitamin B1: 0.4mg (26.55%), Magnesium: 97.2mg (24.3%), Copper: 0.36mg (18.18%), Manganese: 0.08mg (4.14%), Calcium: 37.03mg (3.7%), Folate: 13.65µg

(3.41%), Vitamin D: 0.45µg (3.01%), Vitamin A: 70.54IU (1.41%)