



HEALTH SCORE

66%

Dry Rubbed London Broil



Gluten Free



Dairy Free



Very Healthy

READY IN



23 min.

SERVINGS



6

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons chili powder
- 2 teaspoons garlic powder
- 2 pound top round
- 2 tablespoons olive oil
- 1 tablespoon oregano dried
- 15 pepper black
- 4 pinches salt
- 1 tablespoon paprika sweet

Equipment

- bowl
- grill
- grill pan

Directions

- Watch how to make this recipe.
- Rub London broil with olive oil and then coat generously with the dry rub.
- Let stand for about 15 minutes at room temperature.
- Preheat a grill pan over medium-high heat.
- Place meat on grill and grill for about 5 minutes on each side for medium-rare.
- Remove from heat and let rest for 5 to 10 minutes before slicing on the bias.
- Mix all ingredients together thoroughly in a small bowl.

Nutrition Facts

PROTEIN 55.99% **FAT 36.46%** **CARBS 7.55%**

Properties

Glycemic Index:9.5, Glycemic Load:0.39, Inflammation Score:-9, Nutrition Score:22.380000127722%

Flavonoids

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

Nutrients (% of daily need)

Calories: 258.9kcal (12.95%), Fat: 10.42g (16.03%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 2.44g (0.89%), Sugar: 0.39g (0.43%), Cholesterol: 92.23mg (30.74%), Sodium: 401.08mg (17.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36g (71.99%), Selenium: 49.25µg (70.36%), Vitamin B6: 1.14mg (57%), Vitamin B3: 10.9mg (54.51%), Zinc: 7.16mg (47.72%), Phosphorus: 359.67mg (35.97%), Vitamin B12: 2.04µg (34.02%), Vitamin A: 1393.15IU (27.86%), Iron: 4.32mg (24%), Manganese: 0.46mg (22.8%), Potassium: 698.32mg (19.95%), Vitamin E: 2.65mg (17.68%), Vitamin K: 17.66µg (16.82%), Vitamin B2: 0.27mg (16%), Magnesium: 51.15mg (12.79%), Copper: 0.24mg (12.04%), Vitamin B5: 1.13mg (11.3%), Vitamin B1: 0.16mg (10.85%), Fiber: 2.41g (9.65%), Calcium: 70.12mg (7.01%), Folate: 25.36µg (6.34%)