

Flank Steak and Red Onion

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound flank steak
- 1 serving olive oil extra virgin extra-virgin for rubbing and drizzling
- 1 serving salt and pepper freshly ground
- 1 large onion red thick peeled sliced

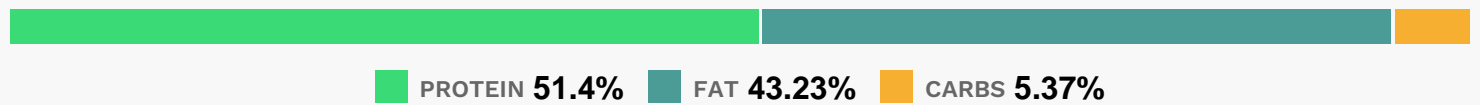
Equipment

- grill

Directions

- Heat grill to high. Rub both sides of steak with oil, and season generously with salt and pepper. Grill for 5 to 7 minutes per side for medium-rare.
- Let rest for 10 minutes.
- Meanwhile, drizzle onion slices with oil, and season with salt and pepper. Grill, turning occasionally, until cooked through, 6 to 8 minutes per side.
- Thinly slice meat across the grain, and serve topped with grilled onion.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:11.702174140464%

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 Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 197.3kcal (9.86%), Fat: 9.2g (14.15%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.1g (0.76%), Sugar: 1.17g (1.3%), Cholesterol: 68.04mg (22.68%), Sodium: 109.72mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.6g (49.21%), Selenium: 33.59µg (47.99%), Vitamin B6: 0.72mg (35.95%), Vitamin B3: 7.09mg (35.47%), Zinc: 4.39mg (29.27%), Phosphorus: 237.04mg (23.7%), Vitamin B12: 1.03µg (17.2%), Potassium: 426.88mg (12.2%), Iron: 1.82mg (10.13%), Vitamin B2: 0.14mg (8.11%), Vitamin B5: 0.75mg (7.48%), Magnesium: 27.7mg (6.92%), Vitamin B1: 0.09mg (6.29%), Vitamin E: 0.84mg (5.59%), Folate: 19.97µg (4.99%), Copper: 0.09mg (4.68%), Vitamin K: 3.58µg (3.41%), Calcium: 30.2mg (3.02%), Vitamin C: 2.04mg (2.47%), Manganese: 0.05mg (2.4%), Fiber: 0.47g (1.87%)