



Flank Steak Marinade

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

READY IN



505 min.

SERVINGS



6

CALORIES



352 kcal

SEASONING

MARINADE

Ingredients

- 0.5 cup cooking wine dry red
- 1.5 pound flank steak fat trimmed
- 2 tablespoons garlic vinegar
- 4 cloves garlic
- 1.5 teaspoons garlic powder
- 3 green onions whole coarsely chopped
- 1.5 teaspoons ground ginger
- 3 tablespoons honey

- 0.5 cup brown sugar light
- 0.8 cup olive oil
- 3 tablespoons onion powder
- 0.3 cup soya sauce

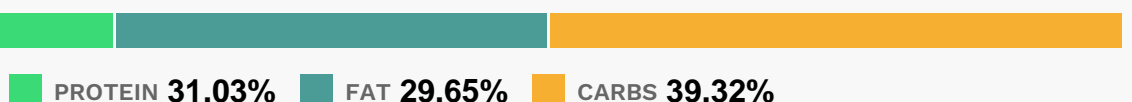
Equipment

- sauce pan
- blender
- grill
- kitchen thermometer
- ziploc bags

Directions

- Score the flank steak by making shallow crisscross cuts on both sides.
- Place the olive oil, light brown sugar, red wine, soy sauce, onion powder, honey, green onions, garlic cloves, garlic vinegar, ground ginger, and garlic powder in a blender. Puree until smooth; pour mixture into a resealable plastic bag.
- Add the steak, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator overnight.
- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- Allow the flank steak to rest at room temperature for 20 minutes.
- Remove the steak from the marinade, and shake off excess.
- Pour the marinade into a small saucepan and bring to a boil over high heat. Reduce heat to medium-low, and simmer for 10 minutes; set aside.
- Grill the steak on the preheated grill until it starts to firm, and is reddish-pink and juicy in the center, about 7 minutes per side, basting often with the sterilized marinade. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C).

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:5.13, Inflammation Score:-4, Nutrition Score:14.93391306504%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 352.04kcal (17.6%), Fat: 11.18g (17.2%), Saturated Fat: 3.13g (19.54%), Carbohydrates: 33.35g (11.12%), Net Carbohydrates: 32.33g (11.76%), Sugar: 27.02g (30.02%), Cholesterol: 68.04mg (22.68%), Sodium: 610.64mg (26.55%), Alcohol: 2.1g (100%), Alcohol %: 1.24% (100%), Protein: 26.32g (52.65%), Selenium: 35.49µg (50.7%), Vitamin B6: 0.82mg (40.88%), Vitamin B3: 7.61mg (38.03%), Zinc: 4.67mg (31.15%), Phosphorus: 267.36mg (26.74%), Manganese: 0.39mg (19.39%), Vitamin B12: 1.03µg (17.2%), Vitamin K: 17.26µg (16.44%), Potassium: 522.37mg (14.92%), Iron: 2.63mg (14.59%), Magnesium: 38.64mg (9.66%), Vitamin B2: 0.16mg (9.63%), Vitamin B5: 0.85mg (8.48%), Vitamin B1: 0.12mg (7.96%), Vitamin E: 1.16mg (7.72%), Copper: 0.15mg (7.71%), Calcium: 69.02mg (6.9%), Folate: 23.51µg (5.88%), Vitamin C: 3.47mg (4.2%), Fiber: 1.02g (4.09%), Vitamin A: 60.39IU (1.21%)