

Flank Steak with a Port Wine Marinade



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds flank steak
- ☐ 2 inch ginger fresh grated
- ☐ 5 cloves garlic sliced
- ☐ 0.3 cup honey
- ☐ 0.5 cup juice of lemon
- ☐ 0.8 cup olive oil
- ☐ 0.8 cup orange juice
- ☐ 1 cup port wine

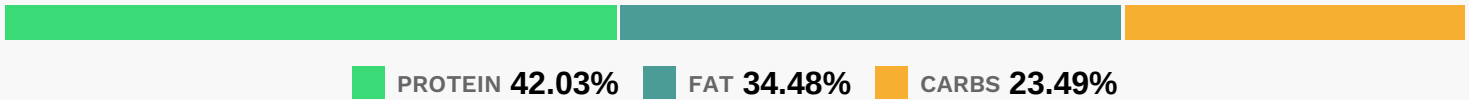
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Whisk together the lemon juice, orange juice, honey, olive oil, port, ginger, and garlic in a large glass or ceramic bowl.
- ☐ Add the flank steak, and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator 1 hour to overnight.
- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Cook the steaks until they are browned on the outside and red in the center, about 3 minutes per side. An instant-read thermometer inserted into the center should read 125 degrees F (52 degrees C). Slice the steak thinly across the grain before serving.

Nutrition Facts



Properties

Glycemic Index:18.66, Glycemic Load:6, Inflammation Score:-4, Nutrition Score:15.954347784105%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 4.99mg, Hesperetin: 4.99mg, Hesperetin: 4.99mg, Hesperetin: 4.99mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg, Myricetin: 0.04mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 328.21kcal (16.41%), Fat: 11.24g (17.3%), Saturated Fat: 3.52g (21.97%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 17.05g (6.2%), Sugar: 13.42g (14.91%), Cholesterol: 85.05mg (28.35%), Sodium: 79.26mg (3.45%), Alcohol: 4.59g (100%), Alcohol %: 2.38% (100%), Protein: 30.84g (61.67%), Selenium: 42.37µg (60.52%), Vitamin B3: 9.04mg (45.18%), Vitamin B6: 0.9mg (45.12%), Zinc: 5.52mg (36.8%), Phosphorus: 298.09mg (29.81%), Vitamin C: 18.25mg (22.12%), Vitamin B12: 1.29µg (21.5%), Potassium: 593.5mg (16.96%), Iron: 2.42mg (13.46%), Vitamin B2: 0.18mg (10.84%), Vitamin B5: 0.99mg (9.89%), Magnesium: 38.79mg (9.7%), Vitamin B1: 0.14mg (9.08%), Folate: 28.91µg (7.23%), Copper: 0.14mg (7.15%), Vitamin E: 1.03mg (6.88%), Manganese: 0.1mg (5.01%), Vitamin K: 4.2µg (4%), Calcium: 39.99mg (4%)