



Flank Steak with Brie Fondue

 **Gluten Free**

READY IN

ready

130 min.

SERVINGS

servings

6

CALORIES

calories

314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 pound double-cream brie cold
- ☐ 1 cup cooking wine dry red
- ☐ 1 pounds flank steak lean fat removed
- ☐ 2 teaspoons parsley leaves fresh minced
- ☐ 1 tablespoon thyme leaves fresh minced
- ☐ 2 teaspoons thyme leaves fresh minced

- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup grapeseed oil
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 juice of lemon juiced
- ☐ 1.3 teaspoons salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.3 cup balsamic vinegar white
- ☐ 2 tablespoons worcestershire sauce

Equipment

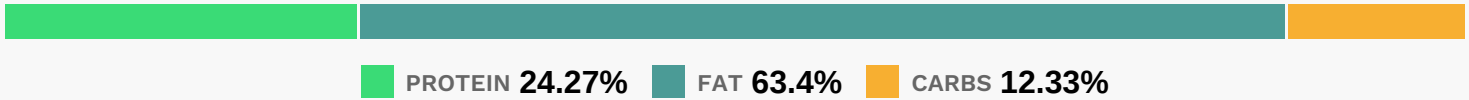
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ cutting board

Directions

- ☐ In a small bowl, whisk together the vinegar, oil, Worcestershire, thyme, parsley, garlic, lemon juice, and salt and pepper.
- ☐ Put the flank steak in a wide shallow dish and coat with the marinade. Refrigerate for 45 minutes to 1 hour.
- ☐ Preheat a grill on high.
- ☐ Remove the outer skin (rind) of the brie and dice it into 1/2-inch cubes.
- ☐ Add them to a small bowl and toss them with the cornstarch. In a medium saucepan over high heat, add the wine and bring to a boil.
- ☐ Add the brie and stir until the cheese has melted. Once melted, reduce the heat to medium-low and stir in the thyme, garlic, nutmeg, salt and pepper, to taste. Cook for 5 to 6 minutes.
- ☐ Remove the fondue from the heat and transfer it to a fondue pot to keep warm.

- ☐
- Remove the steak from the marinade, straining the excess marinade and put it in the middleof the preheated grill. Cook until desired temperature is reached, about 9 to 10 minutes per side.
- ☐
- Remove from the grill to a cutting board and let rest for 5 to 10 minutes.
- ☐
- Slice it on the bias and arrange them on a serving platter.
- ☐
- Drizzle with fondue sauce or serve it on the side in a fondue pot.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:1.27, Inflammation Score:-9, Nutrition Score:10.45304345048%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 313.52kcal (15.68%), Fat: 19.87g (30.57%), Saturated Fat: 6.89g (43.07%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 8.21g (2.98%), Sugar: 2.95g (3.28%), Cholesterol: 66.72mg (22.24%), Sodium: 606.66mg (26.38%), Alcohol: 4.2g (100%), Alcohol %: 3.07% (100%), Protein: 17.12g (34.23%), Selenium: 23.26µg (33.23%), Vitamin B6: 0.5mg (24.85%), Vitamin B3: 4.82mg (24.09%), Zinc: 3.03mg (20.21%), Vitamin E: 3.03mg (20.18%), Phosphorus: 175.87mg (17.59%), Vitamin B12: 0.72µg (11.97%), Iron: 1.98mg (10.99%), Potassium: 362.83mg (10.37%), Vitamin B2: 0.14mg (8.36%), Vitamin C: 6.35mg (7.69%), Vitamin A: 374.93IU (7.5%), Manganese: 0.14mg (7.11%), Magnesium: 24.98mg (6.24%), Vitamin B5: 0.55mg (5.54%), Calcium: 50.89mg (5.09%), Copper: 0.1mg (4.88%), Vitamin B1: 0.07mg (4.63%), Folate: 13.28µg (3.32%), Vitamin K: 2.72µg (2.59%), Vitamin D: 0.3µg (2.02%), Fiber: 0.49g (1.97%)