



Flank Steak With Corn-Tomato Relish and Grilled Garlic Bread

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 servings corn-tomato relish
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 pound flank steak
- ☐ 2 garlic cloves halved
- ☐ 2 garlic cloves minced
- ☐ 8 ounce bread italian

- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vidalia sweet chopped

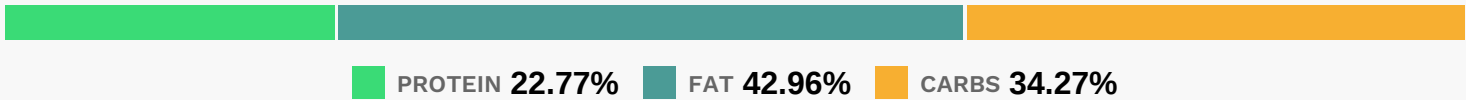
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Trim fat from steak.
- ☐ Combine wine, onion, soy sauce, and garlic in a large zip-top plastic bag; add steak to bag. Seal and marinate in refrigerator 30 minutes, turning occasionally.
- ☐ Prepare grill.
- ☐ Remove steak from bag, and discard marinade.
- ☐ Sprinkle steak with salt and pepper.
- ☐ Place steak on grill rack coated with cooking spray; grill 5 minutes on each side or until desired degree of doneness.
- ☐ Cut steak diagonally across the grain into thin slices.
- ☐ Place bread slices on grill rack; grill 2 minutes on each side or until lightly browned. Rub 1 side of each bread slice with 1 garlic clove half.
- ☐ Serve bread with steak and Corn-Tomato Relish.
- ☐ Garnish with basil sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:36.88, Glycemic Load:8.23, Inflammation Score:-5, Nutrition Score:17.283913192542%

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 Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 571.66kcal (28.58%), Fat: 26.87g (41.34%), Saturated Fat: 13.4g (83.72%), Carbohydrates: 48.24g (16.08%), Net Carbohydrates: 44.2g (16.07%), Sugar: 21.56g (23.96%), Cholesterol: 68.04mg (22.68%), Sodium: 507.9mg (22.08%), Alcohol: 2.1g (100%), Alcohol %: 0.94% (100%), Protein: 32.04g (64.09%), Vitamin B3: 10.97mg (54.86%), Selenium: 34.1µg (48.72%), Vitamin B6: 0.85mg (42.38%), Zinc: 5mg (33.36%), Phosphorus: 320.97mg (32.1%), Potassium: 712.01mg (20.34%), Iron: 3.41mg (18.93%), Folate: 71.68µg (17.92%), Vitamin B12: 1.03µg (17.2%), Vitamin B1: 0.24mg (16.26%), Fiber: 4.03g (16.14%), Magnesium: 58.2mg (14.55%), Vitamin B2: 0.24mg (13.93%), Vitamin B5: 1.36mg (13.62%), Manganese: 0.23mg (11.29%), Copper: 0.14mg (6.9%), Vitamin C: 5.65mg (6.85%), Vitamin A: 203.56IU (4.07%), Calcium: 34.95mg (3.49%), Vitamin E: 0.41mg (2.76%), Vitamin K: 1.95µg (1.86%)