



Flank Steak with Horseradish Cream

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons mayonnaise fat-free
- ☐ 1 pound flank steak
- ☐ 1.5 tablespoons horseradish prepared
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.3 cup olive oil vinaigrette reduced-fat
- ☐ 1 small onion quartered
- ☐ 0.5 cup cup heavy whipping cream fat-free sour

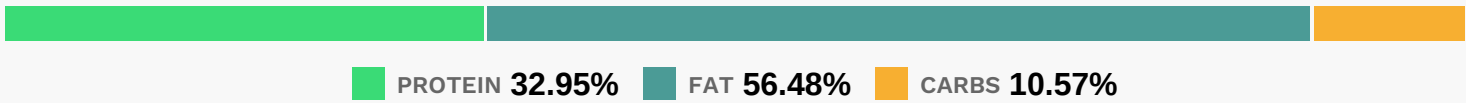
Equipment

- ☐ food processor
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 3 ingredients in a food processor; process until onion is minced.
- ☐ Place steak in a large heavy-duty zip-top plastic bag.
- ☐ Pour onion mixture over steak; seal bag, and shake until steak is well coated. Marinate in refrigerator 8 hours, turning bag occasionally.
- ☐ Prepare grill.
- ☐ Remove steak from marinade; discard marinade.
- ☐ Place steak on grill rack coated with cooking spray. Cover and grill 10 to 12 minutes or to desired degree of doneness.
- ☐ Let steak stand 5 minutes.
- ☐ Combine sour cream, mayonnaise, and horseradish, stirring well.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Garnish with oregano sprigs, if desired.
- ☐ Serve with horseradish mixture.
- ☐ carbo rating: 8

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:13.757826157238%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 312.88kcal (15.64%), Fat: 19.44g (29.9%), Saturated Fat: 4.28g (26.73%), Carbohydrates: 8.18g (2.73%), Net Carbohydrates: 7.36g (2.67%), Sugar: 2.05g (2.27%), Cholesterol: 71.26mg (23.75%), Sodium: 180.52mg (7.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.51g (51.02%), Selenium: 35.26µg (50.38%), Vitamin B6: 0.72mg (36.11%), Vitamin B3: 7.15mg (35.73%), Zinc: 4.58mg (30.54%), Phosphorus: 264.29mg (26.43%), Vitamin B12: 1.12µg (18.64%), Vitamin E: 2.37mg (15.81%), Vitamin K: 14.47µg (13.78%), Potassium: 473.03mg (13.52%), Iron: 2.07mg (11.53%), Vitamin B2: 0.18mg (10.78%), Magnesium: 32.58mg (8.15%), Calcium: 75.47mg (7.55%), Vitamin B5: 0.75mg (7.46%), Vitamin B1: 0.1mg (6.84%), Folate: 25.62µg (6.41%), Copper: 0.1mg (5.1%), Manganese: 0.07mg (3.43%), Fiber: 0.83g (3.31%), Vitamin C: 2.71mg (3.28%), Vitamin A: 82.28IU (1.65%)