



Flank Steak with Mushrooms

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon freeze-dried chives
- 0.3 teaspoon marjoram dried
- 1 pound flank steak lean
- 2 tablespoons parsley fresh minced
- 2 garlic cloves minced
- 2 tablespoons juice of lemon
- 0.3 cup soya sauce low-sodium
- 3 cups mushrooms sliced

1 teaspoon olive oil

Equipment

frying pan

paper towels

ziploc bags

Directions

Trim fat from steak.

Combine soy sauce and next 4 ingredients in a large heavy-duty zip-top plastic bag.

Add steak; seal bag, and shake until steak is well coated. Marinate in refrigerator 8 hours, turning bag occasionally.

Remove steak from marinade, reserving marinade.

Cut steak diagonally across grain into 1/4-inch-thick strips.

Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.

Add steak; cook 5 to 6 minutes or until browned on all sides, stirring frequently.

Remove steak from pan.

Drain and pat dry with paper towels. Wipe drippings from pan with a paper towel.

Coat pan with cooking spray; place over medium-high heat until hot.

Add mushrooms; saut 3 minutes. Stir in reserved marinade and parsley. Cover, reduce heat to medium, and cook 5 minutes. Return steak to pan; cook until thoroughly heated.

carbo rating: 4

Nutrition Facts



PROTEIN 57.46% FAT 32.07% CARBS 10.47%

Properties

Glycemic Index:23.5, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:20.092173874378%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 197.57kcal (9.88%), Fat: 7.05g (10.84%), Saturated Fat: 2.55g (15.91%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 3.9g (1.42%), Sugar: 1.73g (1.92%), Cholesterol: 68.04mg (22.68%), Sodium: 639.79mg (27.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.41g (56.82%), Selenium: 40.57µg (57.95%), Vitamin B3: 9.96mg (49.79%), Vitamin B6: 0.83mg (41.75%), Vitamin K: 34.83µg (33.17%), Zinc: 4.95mg (33%), Phosphorus: 327.9mg (32.79%), Vitamin B2: 0.48mg (28.31%), Potassium: 733.15mg (20.95%), Vitamin A: 1011.18IU (20.22%), Vitamin C: 15.68mg (19%), Vitamin B5: 1.9mg (18.96%), Vitamin B12: 1.06µg (17.68%), Copper: 0.34mg (16.84%), Iron: 2.73mg (15.19%), Magnesium: 52.16mg (13.04%), Vitamin B1: 0.16mg (10.93%), Folate: 39.93µg (9.98%), Manganese: 0.16mg (8%), Fiber: 1.28g (5.11%), Calcium: 46.83mg (4.68%), Vitamin E: 0.57mg (3.82%)