



Flank Steak with Spicy Lemon Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon dijon mustard
- ☐ 1 pound flank steak trimmed
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 tablespoons horseradish prepared
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated

- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 tablespoon canola mayonnaise
- ☐ 0.5 teaspoon salt

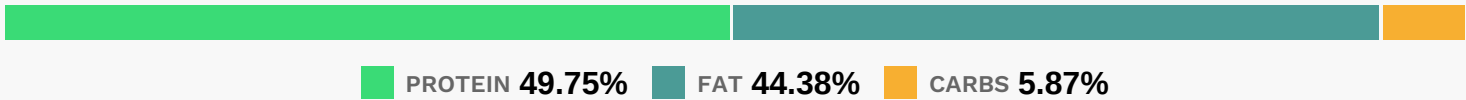
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Sprinkle both sides of steak with salt and pepper. Coat pan with cooking spray.
- ☐ Add steak to pan; cook 5 minutes on each side or until desired degree of doneness.
- ☐ Place steak on a cutting board; let stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ While steak cooks, combine sour cream and next 5 ingredients (through juice) in a small bowl, stirring with a whisk. Stir in chives and parsley.
- ☐ Serve sour cream mixture with steak.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:13.672608696248%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg

Isorhamnetin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 207.25kcal (10.36%), Fat: 9.97g (15.34%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.37g (0.86%), Sugar: 1.11g (1.23%), Cholesterol: 74.54mg (24.85%), Sodium: 446.65mg (19.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.15g (50.29%), Selenium: 34.75µg (49.65%), Vitamin B3: 7.15mg (35.76%), Vitamin B6: 0.7mg (35.21%), Zinc: 4.55mg (30.31%), Vitamin K: 27.31µg (26.01%), Phosphorus: 247.02mg (24.7%), Vitamin B12: 1.1µg (18.27%), Potassium: 465.04mg (13.29%), Iron: 1.95mg (10.83%), Vitamin B2: 0.16mg (9.16%), Vitamin C: 6.91mg (8.38%), Magnesium: 31.89mg (7.97%), Vitamin B5: 0.75mg (7.53%), Folate: 26.92µg (6.73%), Vitamin B1: 0.09mg (6.29%), Calcium: 56.06mg (5.61%), Copper: 0.1mg (5.07%), Vitamin A: 201.79IU (4.04%), Manganese: 0.07mg (3.62%), Vitamin E: 0.51mg (3.41%), Fiber: 0.6g (2.39%)