



Garlic-Grilled Flank Steak

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



25

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup & spicy barbecue sauce sweet kraft
- 1.5 lb beef flank steak
- 3 cloves garlic minced
- 1 tsp paprika and pepper

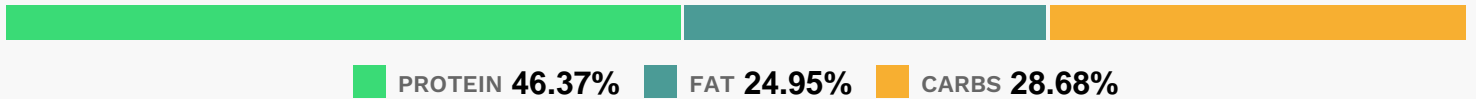
Equipment

- grill

Directions

- Heat grill to medium-high heat.
- Mix garlic and seasonings; rub evenly onto both sides of steak.
- Grill steak 5 min. on each side. Continue grilling 10 min. or to medium doneness (160F), turning and brushing occasionally with barbecue sauce.
- Cut steak across the grain into thin slices.

Nutrition Facts



Properties

Glycemic Index:2.48, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.9113043410623%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 52.78kcal (2.64%), Fat: 1.42g (2.18%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 3.57g (1.3%), Sugar: 2.85g (3.17%), Cholesterol: 16.33mg (5.44%), Sodium: 102.88mg (4.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.87%), Selenium: 8.2µg (11.71%), Vitamin B6: 0.18mg (8.79%), Vitamin B3: 1.75mg (8.75%), Zinc: 1.06mg (7.08%), Phosphorus: 57.37mg (5.74%), Vitamin B12: 0.25µg (4.13%), Potassium: 115.22mg (3.29%), Iron: 0.49mg (2.71%), Vitamin B2: 0.04mg (2.16%), Vitamin B5: 0.19mg (1.89%), Magnesium: 7.33mg (1.83%), Manganese: 0.03mg (1.5%), Vitamin B1: 0.02mg (1.49%), Copper: 0.03mg (1.41%)