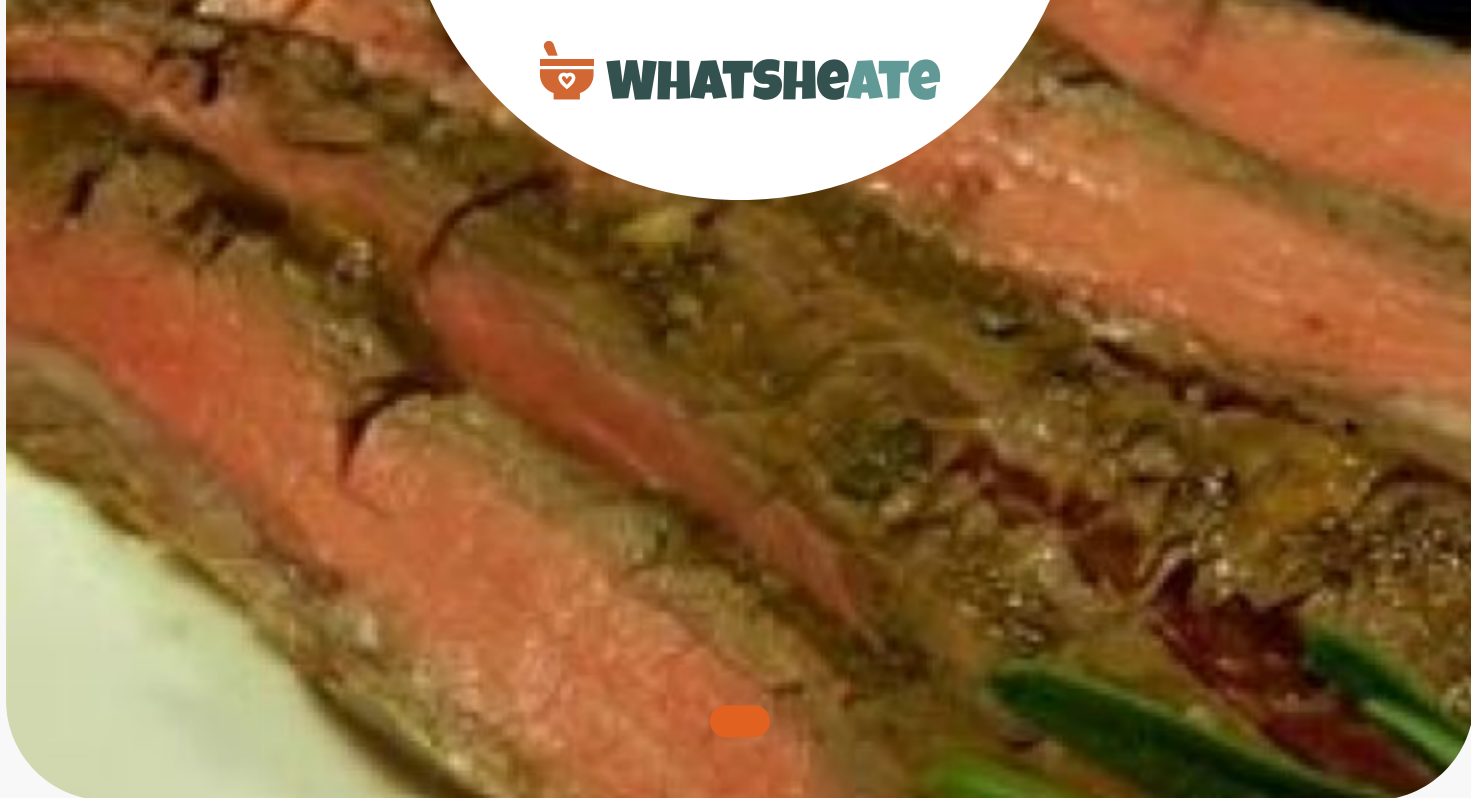




Grilled Balsamic and Soy Marinated Flank Steak



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 1.5 pounds flank steak
- ☐ 3 cloves garlic chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup olive oil
- ☐ 0.5 onion chopped

- ☐ 1 tablespoon rosemary
- ☐ 1 teaspoon salt
- ☐ 0.3 cup soya sauce

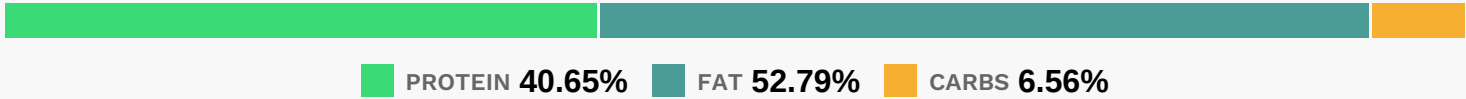
Equipment

- ☐ whisk
- ☐ mixing bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ cutting board

Directions

- ☐ Whisk onion, garlic, olive oil, balsamic vinegar, soy sauce, Dijon mustard, rosemary, salt, and pepper together in a mixing bowl.
- ☐ Put the flank steak in a large resealable plastic bag.
- ☐ Pour marinade into the bag and coat steak with the marinade. Squeeze excess air from the bag and seal. Marinate in the refrigerator at least 30 minutes, up to 2 days.
- ☐ Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- ☐ Remove the flank steak from the marinade and shake to remove excess liquid. Reserve marinade.
- ☐ Cook steak until firm, hot in the center, and just turning from pink to grey, 6 to 8 minutes per side, brushing occasionally with reserved marinade. An instant-read thermometer inserted into the center should read 150 degrees F (65 degrees C).
- ☐ Remove steak to a cutting board and rest meat 5 minutes before slicing thinly across the grain.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:2.07, Inflammation Score:-4, Nutrition Score:19.411739117425%

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: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 388.52kcal (19.43%), Fat: 22.26g (34.24%), Saturated Fat: 5.45g (34.06%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 5.4g (1.96%), Sugar: 3.29g (3.66%), Cholesterol: 102.06mg (34.02%), Sodium: 1527.91mg (66.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.56g (77.12%), Selenium: 51.99µg (74.28%), Vitamin B3: 11.23mg (56.13%), Vitamin B6: 1.11mg (55.73%), Zinc: 6.68mg (44.56%), Phosphorus: 377.7mg (37.77%), Vitamin B12: 1.55µg (25.8%), Iron: 3.46mg (19.21%), Potassium: 671.7mg (19.19%), Vitamin E: 2.46mg (16.38%), Vitamin B2: 0.23mg (13.46%), Magnesium: 50.41mg (12.6%), Vitamin B5: 1.17mg (11.71%), Manganese: 0.23mg (11.28%), Vitamin K: 10.73µg (10.22%), Vitamin B1: 0.15mg (10.12%), Copper: 0.17mg (8.46%), Folate: 29.24µg (7.31%), Calcium: 60.52mg (6.05%), Fiber: 0.83g (3.34%), Vitamin C: 2.04mg (2.47%)