



Grilled Flank Steak

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

READY IN



20 min.

SERVINGS



6

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup beef broth
- 1.5 pounds flank steak
- 3 tablespoons canola oil
- 1 garlic clove minced
- 2 spring onion sliced
- 3 tablespoons juice of lemon
- 2 tablespoons mustard prepared
- 0.5 cup soya sauce

2 tablespoons worcestershire sauce

Equipment

grill

kitchen thermometer

ziploc bags

Directions

In a large resealable plastic bag, combine the first seven ingredients.

Add beef; seal bag and turn to coat. Refrigerate for several hours or overnight, turning once.

Drain and discard marinade.

Brush both sides of meat with mustard. Grill, covered, over medium-hot heat for 5-10 minutes on each side (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°. Slice thinly across the grain.

Nutrition Facts

PROTEIN 45.22% **FAT 49.02%** **CARBS 5.76%**

Properties

Glycemic Index:18.17, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:14.075217205545%

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 Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 240.62kcal (12.03%), Fat: 12.91g (19.86%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 2.9g (1.06%), Sugar: 1.25g (1.39%), Cholesterol: 68.04mg (22.68%), Sodium: 1306.73mg (56.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.79g (53.58%), Selenium: 35.51µg (50.73%), Vitamin B3: 8mg (40.01%), Vitamin B6: 0.74mg (37.06%), Zinc: 4.49mg (29.96%), Phosphorus: 267.14mg (26.71%), Vitamin B12: 1.04µg (17.32%), Iron: 2.68mg (14.87%), Potassium: 506.68mg (14.48%), Vitamin K: 14.77µg (14.07%), Vitamin E: 1.61mg (10.73%), Vitamin B2: 0.18mg (10.44%), Magnesium: 37.39mg (9.35%), Vitamin B5: 0.82mg (8.2%), Vitamin

B1: 0.11mg (7.44%), Manganese: 0.15mg (7.32%), Copper: 0.13mg (6.5%), Folate: 23.3µg (5.83%), Vitamin C: 4.57mg (5.54%), Calcium: 41.73mg (4.17%), Fiber: 0.51g (2.03%)