



Grilled Flank Steak

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 serving pan-roasted corn and tomato relish
- 1 pound flank steak
- 1 serving roasted poblano and tomato salsa
- 0.5 teaspoon salt

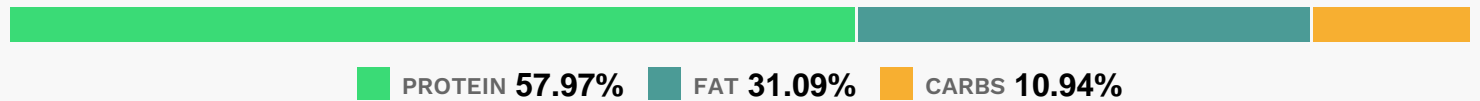
Equipment

- grill

Directions

- Prepare grill to medium-high heat.
- Sprinkle flank steak with salt and freshly ground black pepper. Grill steak 8 minutes on each side or until desired degree of doneness.
- Let steak stand 10 minutes before cutting diagonally across grain into thin slices.
- Serve with desired relish or salsa.

Nutrition Facts



Properties

Glycemic Index:87.5, Glycemic Load:8.06, Inflammation Score:-7, Nutrition Score:39.213043482407%

Nutrients (% of daily need)

Calories: 707.13kcal (35.36%), Fat: 23.93g (36.81%), Saturated Fat: 9.58g (59.87%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 16.27g (5.92%), Sugar: 4.72g (5.25%), Cholesterol: 272.16mg (90.72%), Sodium: 1614.03mg (70.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 100.4g (200.79%), Selenium: 134.3µg (191.86%), Vitamin B3: 29.91mg (149.55%), Vitamin B6: 2.91mg (145.52%), Zinc: 17.93mg (119.53%), Phosphorus: 987.37mg (98.74%), Vitamin B12: 4.13µg (68.79%), Potassium: 1810.7mg (51.73%), Iron: 7.57mg (42.07%), Vitamin B5: 3.55mg (35.46%), Vitamin B2: 0.58mg (33.97%), Magnesium: 126.35mg (31.59%), Vitamin B1: 0.41mg (27.37%), Copper: 0.4mg (20.19%), Folate: 78.13µg (19.53%), Manganese: 0.35mg (17.26%), Vitamin E: 1.79mg (11.9%), Calcium: 111.67mg (11.17%), Fiber: 2.68g (10.71%), Vitamin K: 8.73µg (8.32%), Vitamin A: 361.58IU (7.23%), Vitamin C: 4.84mg (5.87%)