



Grilled Flank Steak with Apple-Bourbon Sauce and Roasted Vegetables

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings apple-bourbon sauce
- 2 pound flank steak
- 1 recipe southwestern marinade
- 6 servings garnish: parsley sprigs fresh italian
- 6 servings roasted vegetables

Equipment

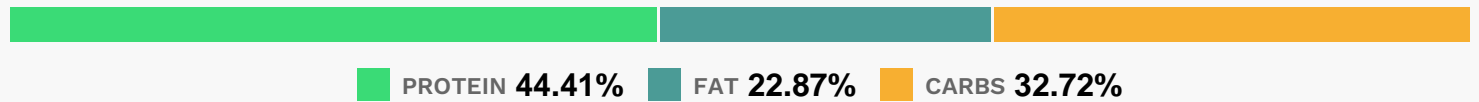
- grill

ziploc bags

Directions

- Place flank steak in a heavy-duty zip-top plastic bag; add Southwestern Marinade. Seal and chill 8 hours, turning occasionally.
- Remove steak from marinade, discarding marinade.
- Grill steak, covered with grill lid, over medium-high heat (350 to 400°F)
- to 10 minutes on each side or to desired degree of doneness.
- Cut steak diagonally across the grain into thin strips.
- Serve with Apple-Bourbon Sauce and Roasted Vegetables.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:3.91, Inflammation Score:-10, Nutrition Score:27.470434603484%

Flavonoids

Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 318.34kcal (15.92%), Fat: 8.19g (12.59%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 21.23g (7.72%), Sugar: 11.54g (12.82%), Cholesterol: 90.72mg (30.24%), Sodium: 130.73mg (5.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.77g (71.53%), Vitamin A: 4993.32IU (99.87%), Vitamin K: 68.02µg (64.79%), Selenium: 45.34µg (64.77%), Vitamin B3: 10.71mg (53.55%), Vitamin B6: 1.04mg (51.93%), Zinc: 6.28mg (41.87%), Phosphorus: 367.53mg (36.75%), Potassium: 821.04mg (23.46%), Vitamin B12: 1.38µg (22.93%), Iron: 3.72mg (20.68%), Fiber: 5.11g (20.46%), Vitamin C: 16mg (19.4%), Vitamin B2: 0.29mg (17.16%), Vitamin B1: 0.25mg (17%), Magnesium: 60.76mg (15.19%), Folate: 55.79µg (13.95%), Manganese: 0.28mg (13.78%), Copper: 0.23mg (11.7%), Vitamin B5: 1.17mg (11.67%), Calcium: 64.9mg (6.49%), Vitamin E: 0.66mg (4.42%)