



## Grilled Flank Steak with Balsamic Glaze and Orange Gremolata

 Gluten Free  Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup balsamic vinegar
- 0.3 teaspoon pepper black
- 1 pound flank steak trimmed
- 4 servings orange gremolata
- 1 medium size onion red cut into 8 wedges
- 0.5 teaspoon salt
- 0.3 cup shallots finely chopped

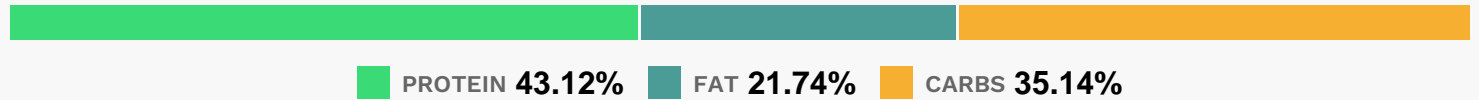
# Equipment

- sauce pan
- grill

# Directions

- Prepare grill.
- Sprinkle steak with salt and pepper.
- Place steak and onion wedges on a grill rack coated with cooking spray. Grill 5 minutes on each side or until desired degree of doneness.
- Let stand 5 minutes.
- Cut steak diagonally across grain into thin slices.
- While steak grills, combine balsamic vinegar and shallots in a small saucepan. Bring to a boil; reduce heat, and simmer 7 minutes or until reduced to 1/4 cup.
- Drizzle balsamic mixture over steak slices, and sprinkle with Orange Gremolata.

# Nutrition Facts



# Properties

Glycemic Index:45.38, Glycemic Load:7.5, Inflammation Score:-6, Nutrition Score:17.303478230601%

# Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

# Nutrients (% of daily need)

Calories: 247.67kcal (12.38%), Fat: 5.82g (8.96%), Saturated Fat: 2.38g (14.88%), Carbohydrates: 21.18g (7.06%), Net Carbohydrates: 18.05g (6.56%), Sugar: 15.51g (17.23%), Cholesterol: 68.04mg (22.68%), Sodium: 361.02mg (15.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.99g (51.98%), Vitamin C: 51.1mg (61.94%), Selenium: 34.22µg

(48.89%), Vitamin B6: 0.82mg (41.22%), Vitamin B3: 7.38mg (36.89%), Zinc: 4.54mg (30.27%), Phosphorus: 264.77mg (26.48%), Potassium: 676.55mg (19.33%), Vitamin B12: 1.03µg (17.2%), Folate: 52.02µg (13%), Iron: 2.32mg (12.86%), Fiber: 3.13g (12.53%), Vitamin B1: 0.18mg (12.11%), Magnesium: 43.85mg (10.96%), Vitamin B2: 0.18mg (10.41%), Vitamin B5: 1.02mg (10.18%), Manganese: 0.17mg (8.6%), Calcium: 80.95mg (8.09%), Copper: 0.16mg (7.86%), Vitamin A: 204.33IU (4.09%), Vitamin E: 0.5mg (3.36%), Vitamin K: 1.79µg (1.71%)