



Grilled Flank Steak with Bourbon Barbecue Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon bourbon
- ☐ 2 teaspoons brown sugar
- ☐ 1.5 pounds flank steak trimmed
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 0.3 teaspoon kosher salt

- ☐ 0.5 cup less-sodium beef broth
- ☐ 1 teaspoon olive oil
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons shallots finely chopped
- ☐ 2 tablespoons tomato paste

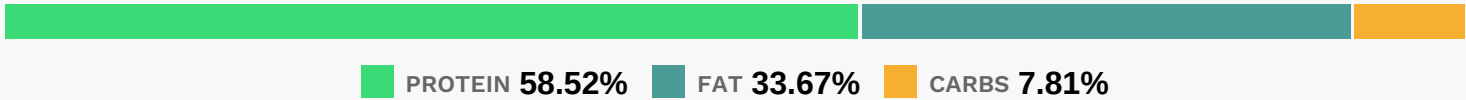
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare grill to medium-high.
- ☐ Sprinkle steak with rosemary, pepper, and kosher salt.
- ☐ Place steak on grill rack coated with cooking spray; grill 7 minutes on each side or until desired degree of doneness.
- ☐ Remove from grill; let stand 10 minutes. Cover and keep warm.
- ☐ While steak rests, heat oil in a small saucepan over medium-high heat.
- ☐ Add shallots; saut 1 minute.
- ☐ Add tomato paste; cook 1 minute. Stir in broth and sugar. Bring to a boil; cook 3 minutes or until thickened.
- ☐ Remove from heat; stir in bourbon, vinegar, and 1/8 teaspoon salt.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:0.98, Inflammation Score:-4, Nutrition Score:17.783478332602%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 273.65kcal (13.68%), Fat: 9.58g (14.75%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4.38g (1.59%), Sugar: 3.68g (4.09%), Cholesterol: 102.06mg (34.02%), Sodium: 428.34mg (18.62%), Alcohol: 1.25g (100%), Alcohol %: 0.71% (100%), Protein: 37.48g (74.96%), Selenium: 50.7µg (72.43%), Vitamin B3: 10.86mg (54.29%), Vitamin B6: 1.07mg (53.34%), Zinc: 6.6mg (43.98%), Phosphorus: 354.67mg (35.47%), Vitamin B12: 1.55µg (25.8%), Potassium: 750.1mg (21.43%), Iron: 3.02mg (16.76%), Vitamin B2: 0.21mg (12.37%), Vitamin B5: 1.11mg (11.08%), Magnesium: 43.2mg (10.8%), Vitamin B1: 0.13mg (8.73%), Copper: 0.17mg (8.26%), Vitamin E: 0.99mg (6.57%), Folate: 25.38µg (6.35%), Manganese: 0.1mg (5%), Calcium: 45.62mg (4.56%), Vitamin K: 4µg (3.81%), Vitamin A: 138.19IU (2.76%), Vitamin C: 2.26mg (2.74%), Fiber: 0.62g (2.49%)