



Grilled Flank Steak with Garlic & Rosemary

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup olive oil extra virgin
- 2 tablespoons rosemary leaves fresh chopped
- 4 cloves garlic roughly chopped
- 2 teaspoons kosher salt
- 0.3 teaspoon pepper black freshly ground
- 2 lb flank steak

Equipment

- blender

- baking pan
- grill
- aluminum foil
- cutting board

Directions

- Make the marinade by combining the olive oil, rosemary, garlic, salt and pepper in a blender. Blitz for a few minutes, until garlic and rosemary are pulverized.
- Place the flank steak in a medium baking dish. Using a fork, poke meat about 10 times on each side.
- Pour the marinade over top and turn the steak a few times to coat evenly. Cover with saran wrap and refrigerate for at least 1 hour or overnight.
- Grease grill with oil and preheat to high. When grill is hot, grill flank steak covered for about 5 minutes. Turn and cook covered for about 3-4 minutes more.
- Let meat rest on cutting board, covered with aluminum foil, for about 15 minutes. Slice very thin against the grain.

Nutrition Facts

■ PROTEIN **55.53%** ■ FAT **43.02%** ■ CARBS **1.45%**

Properties

Glycemic Index:15.5, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:22.617391231267%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 364.54kcal (18.23%), Fat: 16.82g (25.87%), Saturated Fat: 5.48g (34.26%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.03g (0.03%), Cholesterol: 136.08mg (45.36%), Sodium: 1283.85mg (55.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.84g (97.68%), Selenium: 67.34µg (96.2%), Vitamin

B3: 14.15mg (70.77%), Vitamin B6: 1.41mg (70.65%), Zinc: 8.73mg (58.23%), Phosphorus: 463.58mg (46.36%),
Vitamin B12: 2.06µg (34.4%), Potassium: 794.04mg (22.69%), Iron: 3.66mg (20.35%), Vitamin B2: 0.27mg (15.64%),
Vitamin B5: 1.46mg (14.56%), Magnesium: 51.8mg (12.95%), Vitamin B1: 0.17mg (11.32%), Vitamin E: 1.44mg (9.59%),
Copper: 0.18mg (9.01%), Folate: 30.68µg (7.67%), Vitamin K: 6.23µg (5.93%), Calcium: 57.55mg (5.76%),
Manganese: 0.1mg (5.18%), Vitamin C: 1.15mg (1.4%)