



Grilled Flank Steak with Horseradish Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound flank steak
- 6 servings horseradish
- 6 servings basic marinade
- 6 cups gourmet salad greens

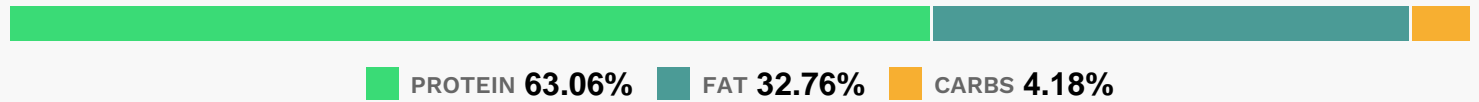
Equipment

- grill
- ziploc bags

Directions

- Place flank steak in a heavy-duty zip-top plastic bag; add Basic Marinade. Seal bag, and chill 8 hours, turning occasionally.
- Remove steak from marinade, discarding marinade.
- Grill, 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 over salad greens with Horseradish Sauce.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:16.379565174165%

Nutrients (% of daily need)

Calories: 217.61kcal (10.88%), Fat: 7.62g (11.73%), Saturated Fat: 3.14g (19.65%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 2.02g (0.74%), Sugar: 0.68g (0.75%), Cholesterol: 90.72mg (30.24%), Sodium: 130.42mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.02g (66.03%), Selenium: 44.9µg (64.15%), Vitamin B3: 9.65mg (48.27%), Vitamin B6: 0.95mg (47.52%), Zinc: 5.92mg (39.44%), Phosphorus: 322.57mg (32.26%), Vitamin B12: 1.38µg (22.93%), Potassium: 597.24mg (17.06%), Iron: 2.6mg (14.45%), Vitamin C: 10.52mg (12.76%), Vitamin B2: 0.2mg (11.48%), Vitamin B5: 1.01mg (10.05%), Magnesium: 39.01mg (9.75%), Folate: 37.31µg (9.33%), Vitamin A: 454.5IU (9.09%), Vitamin B1: 0.12mg (8.08%), Copper: 0.13mg (6.66%), Manganese: 0.08mg (4.09%), Calcium: 39.75mg (3.98%), Vitamin E: 0.44mg (2.93%), Vitamin K: 1.88µg (1.79%)