



## Grilled Flank Steak with Nectarines

 Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup beer
- 0.3 cup soya sauce
- 0.3 cup chicken broth dry (from 32-oz carton)
- 0.3 cup honey
- 0.5 teaspoon ground ginger
- 3 tablespoons spring onion sliced
- 1 clove garlic finely chopped
- 1.5 lb flank steak

2 nectarines cut into 8 pieces

## Equipment

bowl

grill

ziploc bags

## Directions

In shallow glass bowl or plastic dish, or resealable food-storage plastic bag, mix all ingredients except beef and nectarines.

Make cuts about 1/2 inch apart and 1/8 inch deep in diamond pattern in both sides of beef.

Place beef in marinade in bowl; turn to coat. Cover dish or seal bag; refrigerate, turning occasionally, at least 4 hours but no longer than 24 hours.

Heat coals or gas grill for direct heat.

Remove beef from marinade; reserve marinade.

Cover and grill beef over medium heat 12 to 14 minutes for medium doneness (160°F), brushing occasionally with marinade and turning once.

Add nectarines to grill for last 5 minutes of grilling, turning once and brushing frequently with marinade. Discard any remaining marinade.

Cut beef diagonally across grain.

Serve with nectarines.

## Nutrition Facts



**PROTEIN 46.02%** **FAT 23.23%** **CARBS 30.75%**

## Properties

Glycemic Index:53.19, Glycemic Load:11.9, Inflammation Score:-5, Nutrition Score:20.0713044404217%

## Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg,  
Quercetin: 0.99mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 344.45kcal (17.22%), Fat: 8.77g (13.5%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 26.13g (8.71%), Net  
Carbohydrates: 24.74g (9%), Sugar: 23.43g (26.03%), Cholesterol: 102.35mg (34.12%), Sodium: 966.19mg (42.01%),  
Alcohol: 0.58g (100%), Alcohol %: 0.23% (100%), Protein: 39.1g (78.21%), Selenium: 50.88µg (72.69%), Vitamin B3:  
12.15mg (60.73%), Vitamin B6: 1.1mg (55.07%), Zinc: 6.82mg (45.47%), Phosphorus: 387.64mg (38.76%), Vitamin  
B12: 1.55µg (25.9%), Potassium: 740.15mg (21.15%), Iron: 3.41mg (18.94%), Vitamin B2: 0.26mg (15.42%), Magnesium:  
52.69mg (13.17%), Vitamin B5: 1.29mg (12.88%), Manganese: 0.26mg (12.86%), Vitamin K: 12.79µg (12.18%), Copper:  
0.22mg (10.99%), Vitamin B1: 0.16mg (10.87%), Folate: 33.23µg (8.31%), Vitamin E: 0.96mg (6.38%), Vitamin A:  
281.02IU (5.62%), Fiber: 1.39g (5.57%), Calcium: 47.37mg (4.74%), Vitamin C: 3.25mg (3.94%)