



Grilled Marinated Flank Steak

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



8

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper red crushed
- 1 cup cooking sherry dry
- 1.5 lb flank steaks
- 2 tablespoons rosemary leaves dried fresh chopped
- 3 cloves garlic crushed
- 0.3 cup honey
- 2 tablespoons olive oil
- 0.3 cup soya sauce

0.3 cup worcestershire sauce

Equipment

knife

whisk

grill

Directions

Score steaks in a crisscross pattern with a knife.

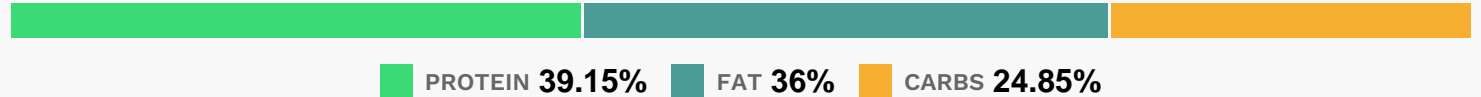
Whisk together remaining ingredients; pour over steaks in a dish, turning to coat. Cover; refrigerate for 4 hours, turning several times.

Bring steak to room temperature. Warm a grill over high heat.

Remove steaks from and discard marinade. Grill, turning once, 8 minutes for medium-rare.

Let steaks rest for 10 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:14.03, Glycemic Load:4.83, Inflammation Score:-3, Nutrition Score:10.00826097053%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 218.26kcal (10.91%), Fat: 7.83g (12.05%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 12.16g (4.05%), Net Carbohydrates: 11.9g (4.33%), Sugar: 10g (11.11%), Cholesterol: 51.03mg (17.01%), Sodium: 568.19mg (24.7%), Alcohol:

3.09g (100%), Alcohol %: 2.67% (100%), Protein: 19.16g (38.32%), Selenium: 25.52µg (36.45%), Vitamin B3: 5.73mg (28.65%), Vitamin B6: 0.57mg (28.37%), Zinc: 3.39mg (22.62%), Phosphorus: 195mg (19.5%), Vitamin B12: 0.77µg (12.9%), Iron: 2.18mg (12.1%), Potassium: 413.71mg (11.82%), Vitamin B2: 0.13mg (7.82%), Magnesium: 27.05mg (6.76%), Vitamin B5: 0.6mg (5.97%), Manganese: 0.12mg (5.85%), Vitamin E: 0.85mg (5.69%), Vitamin B1: 0.08mg (5.07%), Copper: 0.1mg (5.07%), Calcium: 36.32mg (3.63%), Folate: 14.21µg (3.55%), Vitamin K: 3.62µg (3.44%), Vitamin C: 1.63mg (1.98%), Vitamin A: 95.64IU (1.91%), Fiber: 0.26g (1.04%)