



Grilled Marinated London Broil

 Dairy Free

READY IN

ready

38 min.

SERVINGS

servings

6

CALORIES

calories

264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons balsamic vinegar
- ☐ 3 tablespoons dijon mustard
- ☐ 1 teaspoon basil dried crumbled
- ☐ 1 teaspoon thyme leaves dried crumbled
- ☐ 4 large garlic cloves minced
- ☐ 4 tablespoons juice of lemon fresh
- ☐ 2 pound london broil
- ☐ 0.7 cup olive oil

- ☐ 1 teaspoon oregano dried crumbled
- ☐ 0.5 teaspoon pepper flakes dried red hot
- ☐ 1 tablespoon soya sauce
- ☐ 1.5 tablespoons worcestershire sauce

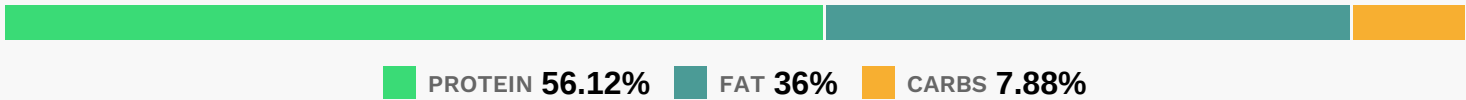
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ cutting board

Directions

- ☐ To make marinade: In a bowl, whisk together marinade ingredients until combined well. Put London broil in a large resealable plastic bag and pour marinade over it. Seal bag, pressing out excess air, and set in a shallow dish. Marinate meat, chilled, turning bag once or twice, for 8 hours.
- ☐ Remove meat from the marinade, discarded the marinade, and pat the meat dry.
- ☐ Preheat a grill and on an oiled rack set about 4-inches over glowing coals, grill the meat, turning each once, 9 to 10 minutes on each side, or until it registers 125 to 130 degrees, on a meat thermometer for medium-rare meat. (Alternatively, meat may be broiled.)
- ☐ Transfer meat to a cutting board and let stand 10 minutes.
- ☐ Cut meat diagonally across the grain into thin slices.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:1.14, Inflammation Score:-6, Nutrition Score:19.590000162954%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 263.89kcal (13.19%), Fat: 10.24g (15.76%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 4.31g (1.57%), Sugar: 2.48g (2.76%), Cholesterol: 92.23mg (30.74%), Sodium: 408.12mg (17.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.93g (71.85%), Selenium: 51.18µg (73.12%), Vitamin B6: 1.08mg (53.87%), Vitamin B3: 10.67mg (53.33%), Zinc: 7.05mg (47.02%), Phosphorus: 360.9mg (36.09%), Vitamin B12: 2.04µg (34.02%), Iron: 4.05mg (22.49%), Potassium: 659.08mg (18.83%), Vitamin B2: 0.25mg (14.53%), Vitamin K: 12.86µg (12.24%), Magnesium: 48.23mg (12.06%), Vitamin B1: 0.17mg (11.4%), Vitamin B5: 1.09mg (10.91%), Copper: 0.2mg (9.95%), Vitamin E: 1.33mg (8.87%), Manganese: 0.16mg (8.25%), Folate: 26.44µg (6.61%), Calcium: 63.04mg (6.3%), Vitamin C: 5.17mg (6.27%), Fiber: 0.74g (2.97%), Vitamin A: 72.12IU (1.44%)