



Grilled Molasses Flank Steak with Watermelon Salsa



Gluten Free



Dairy Free

READY IN



325 min.

SERVINGS



8

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 2 lb flank steak
- ☐ 2 tablespoons ginger fresh grated
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.8 cup blackstrap molasses
- ☐ 1 teaspoon pepper dried red crushed

- ☐ 8 servings watermelon salsa
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons worcestershire sauce

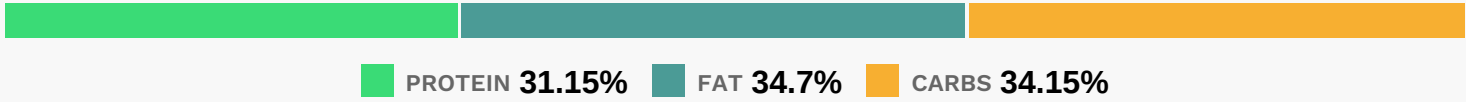
Equipment

- ☐ grill

Directions

- ☐ Place first 8 ingredients in a 2-gal. zip-top plastic freezer bag; squeeze bag to combine.
- ☐ Add steak; seal bag, and chill 4 to 12 hours.
- ☐ Remove steak from marinade, discarding marinade.
- ☐ Preheat grill to 400 to 450 (high) heat. Grill steak, covered with grill lid, 9 minutes on each side or to desired degree of doneness.
- ☐ Remove from grill, and let stand 10 minutes.
- ☐ Cut diagonally across the grain into thin slices. Season with salt and pepper to taste. Top with Watermelon Salsa.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:10.6, Inflammation Score:-6, Nutrition Score:18.474347902381%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 332.67kcal (16.63%), Fat: 12.84g (19.76%), Saturated Fat: 2.89g (18.09%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 27.62g (10.04%), Sugar: 25.66g (28.51%), Cholesterol: 68.04mg (22.68%), Sodium: 881.54mg (38.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.94g (51.88%), Selenium: 39.69µg (56.7%), Vitamin B6: 1mg (49.94%), Vitamin B3: 8.18mg (40.91%), Zinc: 4.58mg (30.55%), Manganese: 0.61mg (30.41%), Potassium:

1009.51mg (28.84%), Magnesium: 112.49mg (28.12%), Phosphorus: 267.89mg (26.79%), Iron: 3.91mg (21.7%), Vitamin B12: 1.03µg (17.2%), Copper: 0.29mg (14.5%), Vitamin E: 2.06mg (13.73%), Vitamin B5: 1.09mg (10.92%), Calcium: 107.62mg (10.76%), Vitamin B2: 0.17mg (9.81%), Vitamin B1: 0.12mg (7.97%), Vitamin K: 8.02µg (7.64%), Vitamin C: 4.55mg (5.52%), Folate: 19.92µg (4.98%), Vitamin A: 231.64IU (4.63%), Fiber: 0.82g (3.29%)