



## Herb-Marinated Flank Steak

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.8 pounds flank steak
- 2 tablespoons basil fresh chopped
- 1 tablespoon rosemary fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 3 garlic cloves minced
- 1 optional: lemon halved
- 0.3 cup olive oil
- 0.5 teaspoon pepper dried red crushed

- 1 teaspoon salt
- 0.5 small onion sweet minced

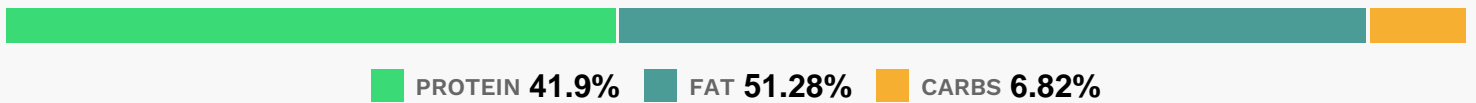
## Equipment

- grill
- ziploc bags

## Directions

- Place first 8 ingredients in a 2-gal. zip-top plastic bag, and squeeze bag to combine.
- Add steak; seal bag, and chill 30 minutes to 1 hour and 30 minutes.
- 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; squeeze juice from lemon over steak.
- Let stand 10 minutes.
- Cut across the grain into thin slices.
- Herb-Marinated Chicken Breasts: Substitute 1 3/4 lb. skinned and boned chicken breasts for flank steak. Proceed with recipe as directed, grilling chicken 7 minutes on each side or until done. Prep: 15 min., Chill: 30 min., Grill: 14 min.

## Nutrition Facts



## Properties

Glycemic Index:28.42, Glycemic Load:0.5, Inflammation Score:-8, Nutrition Score:15.601739116337%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Kaempferol:

0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

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

Calories: 279.33kcal (13.97%), Fat: 15.77g (24.25%), Saturated Fat: 4.01g (25.08%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 3.65g (1.33%), Sugar: 1.86g (2.07%), Cholesterol: 79.38mg (26.46%), Sodium: 463.65mg (20.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.98g (57.97%), Selenium: 39.49µg (56.41%), Vitamin B6: 0.88mg (43.95%), Vitamin B3: 8.35mg (41.77%), Zinc: 5.17mg (34.46%), Phosphorus: 282.19mg (28.22%), Vitamin B12: 1.2µg (20.07%), Vitamin C: 13.39mg (16.23%), Potassium: 529.53mg (15.13%), Iron: 2.57mg (14.29%), Vitamin E: 1.78mg (11.88%), Vitamin B2: 0.17mg (10.06%), Vitamin K: 10.06µg (9.58%), Vitamin B5: 0.91mg (9.14%), Magnesium: 36.26mg (9.06%), Vitamin B1: 0.12mg (7.87%), Copper: 0.14mg (6.76%), Folate: 26.96µg (6.74%), Manganese: 0.1mg (5.04%), Calcium: 48.54mg (4.85%), Fiber: 1.06g (4.25%), Vitamin A: 154.13IU (3.08%)