



Herb Marinated London Broil



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cooking wine dry red
- ☐ 1.5 teaspoons garlic powder mccormick®
- ☐ 2 teaspoons penzey's southwest seasoning italian mccormick®
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon coarse grind pepper black mccormick®
- ☐ 1 teaspoon season-all® seasoning salt mccormick®
- ☐ 1 top round steak ()
- ☐ 2 teaspoons worcestershire sauce

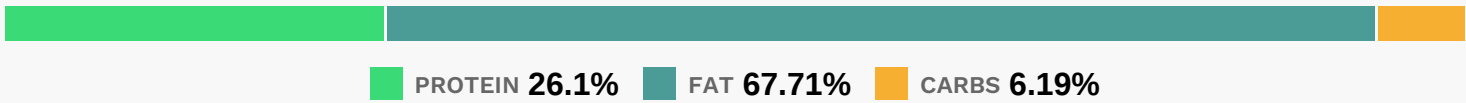
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine wine, olive oil and seasonings in a large self-closing plastic bag.
- ☐ Place steak in bag and seal. Turn bag gently to distribute marinade. Refrigerate 30 minutes or up to 3 hours for a stronger flavor. Turn bag occasionally.
- ☐ Lightly grease grill rack. Preheat grill to medium heat.
- ☐ Remove steak from marinade; reserving marinade. Grill 8-10 minutes per side or until desired doneness.
- ☐ Brush with reserved marinade after turning. Discard leftover marinade.
- ☐ Cut into thin slices across the grain.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:5.7543478012085%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 151.38kcal (7.57%), Fat: 10.31g (15.87%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.69g (0.61%), Sugar: 0.25g (0.28%), Cholesterol: 22.98mg (7.66%), Sodium: 438.55mg (19.07%), Alcohol: 2.1g (100%), Alcohol %: 3.73% (100%), Protein: 8.95g (17.89%), Selenium: 12.25µg (17.5%), Vitamin B6:

0.28mg (13.8%), Vitamin B3: 2.65mg (13.23%), Zinc: 1.77mg (11.8%), Vitamin E: 1.54mg (10.25%), Vitamin K: 10.58µg (10.08%), Phosphorus: 90.19mg (9.02%), Vitamin B12: 0.51µg (8.48%), Iron: 1.22mg (6.79%), Potassium: 178.44mg (5.1%), Manganese: 0.09mg (4.47%), Vitamin B2: 0.06mg (3.71%), Magnesium: 12.63mg (3.16%), Copper: 0.06mg (2.86%), Vitamin B1: 0.04mg (2.8%), Vitamin B5: 0.27mg (2.72%), Calcium: 23.47mg (2.35%), Folate: 7.42µg (1.86%), Fiber: 0.44g (1.74%)