



## Herb-Stuffed Grilled Flank Steak

 Dairy Free

READY IN



290 min.

SERVINGS



6

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon beef bouillon from cube instant
- 2 lb flank steak
- 2 tablespoons breadcrumbs plain
- 3 tablespoons wine dry red
- 2 tablespoons parsley fresh chopped
- 1 large clove garlic minced
- 3 cloves garlic thinly sliced
- 1 tablespoon juice of lemon fresh

- 1 teaspoon lemon zest grated
- 3 tablespoons olive oil
- 0.3 cup onion finely chopped ()

## Equipment

- frying pan
- toothpicks
- grill
- ziploc bags

## Directions

- In large, shallow nonmetal dish or resealable food-storage plastic bag, mix all marinade ingredients. Make pocket in side of flank steak by cutting lengthwise almost but not completely through opposite side.
- Add steak to marinade; turn to coat. Cover dish or seal bag; refrigerate at least 4 hours or overnight to marinate.
- In 8-inch skillet, heat oil over medium heat.
- Add onion; cook 2 minutes, stirring occasionally, until tender. Stir in garlic and parsley; cook and stir 1 minute.
- Add bread crumbs and lemon peel; cook and stir 1 minute.
- Remove from heat.
- Heat grill.
- Remove steak from marinade; discard marinade. Fill pocket in steak with stuffing. Secure opening with toothpicks.
- Place steak on gas grill over medium heat; cover grill. Cook 12 to 20 minutes, turning once, until steak is desired doneness.
- Cut steak across grain into 1/2-inch-thick slices.

## Nutrition Facts

 **PROTEIN 46.94%**  **FAT 47.12%**  **CARBS 5.94%**

## Properties

Glycemic Index:19.83, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:17.168695662333%

## Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

## Nutrients (% of daily need)

Calories: 295.3kcal (14.77%), Fat: 14.77g (22.73%), Saturated Fat: 4.15g (25.94%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.8g (1.38%), Sugar: 0.6g (0.66%), Cholesterol: 90.72mg (30.24%), Sodium: 109.13mg (4.74%), Alcohol: 0.79g (100%), Alcohol %: 0.55% (100%), Protein: 33.12g (66.23%), Selenium: 45.77µg (65.39%), Vitamin B3: 9.69mg (48.43%), Vitamin B6: 0.95mg (47.73%), Zinc: 5.89mg (39.27%), Phosphorus: 317.03mg (31.7%), Vitamin K: 28.18µg (26.83%), Vitamin B12: 1.39µg (23.14%), Potassium: 550.88mg (15.74%), Iron: 2.67mg (14.81%), Vitamin B2: 0.19mg (11.38%), Vitamin B5: 1mg (10.01%), Vitamin B1: 0.15mg (10.01%), Vitamin E: 1.47mg (9.78%), Magnesium: 36.75mg (9.19%), Folate: 27.14µg (6.78%), Copper: 0.13mg (6.51%), Vitamin C: 4.29mg (5.2%), Manganese: 0.09mg (4.59%), Calcium: 45.56mg (4.56%), Vitamin A: 112.95IU (2.26%), Fiber: 0.39g (1.57%)