



HEALTH SCORE

55%

Jamaican Jerk Flank Steak



Gluten Free



Dairy Free



Low Fod Map

READY IN

**30 min.**

SERVINGS

**4**

CALORIES

**414 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons basil dried
- ☐ 2 teaspoons thyme leaves dried
- ☐ 2.5 pounds flank steak
- ☐ 1 tablespoon granulated sugar
- ☐ 2 teaspoons ground allspice
- ☐ 2 teaspoons ground cloves
- ☐ 1.5 teaspoons hot sauce
- ☐ 0.5 cup red wine vinegar

☐ 4 servings salt and pepper

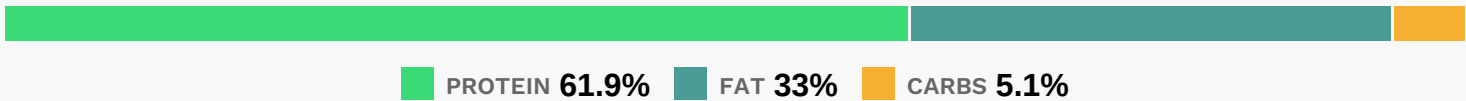
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ roasting pan
- ☐ grill
- ☐ broiler
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat grill, grill pan or broiler. Coat a grill, large baking sheet or shallow roasting pan with cooking spray.
- ☐ In a shallow dish, whisk together vinegar, sugar, allspice, cloves, basil, thyme, hot sauce, salt, and pepper.
- ☐ Add flank steak and turn to coat (you may marinate up to 24 hours at this point).
- ☐ Transfer flank steak to prepared pan and pour over any remaining marinade. Grill or broil 5 minutes per side, until medium-rare.
- ☐ Let stand 10 minutes before slicing crosswise into thin slices.
- ☐ Serve 12 ounces for tonight's dinner (about 1/3 of the total). Refrigerate leftovers until ready to use.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:2.17, Inflammation Score:-6, Nutrition Score:29.765217392341%

Nutrients (% of daily need)

Calories: 413.69kcal (20.68%), Fat: 14.46g (22.25%), Saturated Fat: 5.97g (37.31%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 4.1g (1.49%), Sugar: 3.05g (3.39%), Cholesterol: 170.1mg (56.7%), Sodium: 390.3mg (16.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.05g (122.11%), Selenium: 83.79µg (119.7%), Vitamin B3: 17.75mg (88.75%), Vitamin B6: 1.73mg (86.65%), Zinc: 10.97mg (73.13%), Phosphorus: 579.76mg (57.98%), Vitamin B12: 2.58µg (43%), Manganese: 0.77mg (38.27%), Iron: 5.77mg (32.04%), Potassium: 1018.49mg (29.1%), Vitamin K: 22µg (20.95%), Vitamin B2: 0.34mg (19.92%), Magnesium: 72.24mg (18.06%), Vitamin B5: 1.8mg (17.97%), Vitamin B1: 0.21mg (14.01%), Copper: 0.23mg (11.74%), Folate: 40.47µg (10.12%), Calcium: 95.18mg (9.52%), Vitamin E: 1mg (6.69%), Fiber: 0.93g (3.73%), Vitamin C: 1.92mg (2.33%)