



Kickin' London Broil with Bleu Cheese Butter

 **Gluten Free**

READY IN



55 min.

SERVINGS



6

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound flank steak
- 3 tablespoons cheese blue crumbled
- 2 tablespoons butter softened
- 1 teaspoon garlic salt
- 0.3 teaspoon ground pepper
- 1 tablespoon pepper black
- 2 tablespoons olive oil divided
- 1 teaspoon onion powder

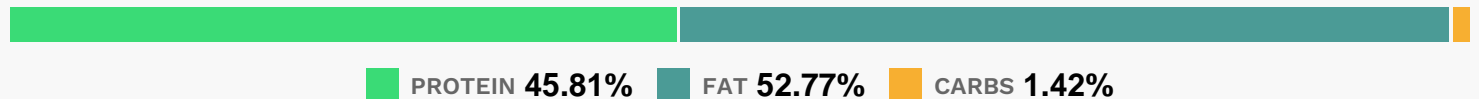
Equipment

- bowl
- grill
- spatula

Directions

- Preheat the grill for low heat.
- In a bowl, mix the blue cheese, butter, and chives. Set aside. In a separate bowl, mix the black pepper, garlic salt, onion powder, and cayenne pepper.
- Rub the steak with olive oil. Coat both sides of the meat with the spice mixture, and rub in by hand or press with a spatula.
- Lightly oil the grill grate.
- Place meat on the grill, and cook 10 to 15 minutes per side, or to desired doneness. Grill to rare or medium rare for best flavor.
- Remove from grill, and slice lengthwise into thin strips. Top with a large dollop of blue cheese butter, and serve.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:15.945217673221%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 298.12kcal (14.91%), Fat: 17.07g (26.26%), Saturated Fat: 6.85g (42.81%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.06g (0.06%), Cholesterol: 103.38mg (34.46%), Sodium: 538.53mg (23.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.34g (66.68%), Selenium: 45.26µg (64.66%), Vitamin B3: 9.47mg (47.36%), Vitamin B6: 0.93mg (46.4%), Zinc: 5.92mg (39.44%), Phosphorus: 322.98mg (32.3%), Vitamin B12: 1.43µg (23.78%), Potassium: 544.04mg (15.54%), Iron: 2.49mg (13.81%), Vitamin B2: 0.19mg (11.27%), Vitamin B5: 1.03mg (10.35%), Magnesium: 36.39mg (9.1%), Vitamin E: 1.26mg (8.42%), Manganese: 0.15mg (7.57%),

Vitamin B1: 0.11mg (7.53%), Vitamin K: 6.75µg (6.43%), Copper: 0.13mg (6.38%), Calcium: 57.47mg (5.75%), Folate: 21.53µg (5.38%), Vitamin A: 183.47IU (3.67%), Fiber: 0.33g (1.31%)