



HEALTH SCORE

100%

Lemon Flank Steak Skewers



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



5263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 serving lemon dipping sauce
- ☐ 8 pound flank steaks
- ☐ 0.5 cup juice of lemon fresh
- ☐ 4 teaspoons lemon zest
- ☐ 0.7 cup olive oil
- ☐ 1 serving garnish: parsley italian
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 teaspoons salt

- ☐ 12 inch wooden skewers
- ☐ 12 inch wooden skewers

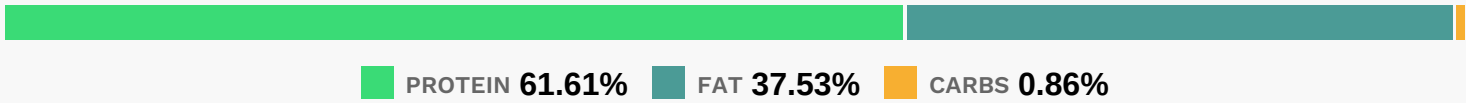
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Combine first 5 ingredients in a shallow dish or heavy-duty zip-top plastic bag; add steak. Cover or seal, and chill 8 hours, turning occasionally.
- ☐ Place skewers in water to cover, and let soak 10 minutes.
- ☐ Remove steak from marinade, discarding marinade.
- ☐ Thread each steak slice onto 1 skewer.
- ☐ Grill skewers, covered with grill lid, over medium-high heat (350 to 400°F) for 4 to 5 minutes on each side or to desired degree of doneness.
- ☐ Serve with Lemon Dipping Sauce.
- ☐ Garnish, if desired. Prep: 30 min., Chill: 8 hrs., Soak: 10 min., Grill: 10 min.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.04, Inflammation Score:-10, Nutrition Score:78.161304121432%

Flavonoids

Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg Hesperetin: 17.65mg, Hesperetin: 17.65mg, Hesperetin: 17.65mg, Hesperetin: 17.65mg Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg Apigenin: 8.75mg, Apigenin: 8.75mg, Apigenin: 8.75mg, Apigenin: 8.75mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 5262.54kcal (263.13%), Fat: 210.73g (324.21%), Saturated Fat: 79.32g (495.73%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 9.15g (3.33%), Sugar: 3.85g (4.27%), Cholesterol: 2177.24mg (725.75%), Sodium: 6605.41mg (287.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 778.45g (1556.89%), Selenium: 1070.89µg (1529.84%), Vitamin B3: 226.28mg (1131.39%), Vitamin B6: 22.05mg (1102.45%), Zinc: 139.16mg (927.74%), Phosphorus: 7346.29mg (734.63%), Vitamin B12: 33.02µg (550.36%), Potassium: 12557.69mg (358.79%), Iron: 56.67mg (314.85%), Vitamin B2: 4.21mg (247.74%), Vitamin B5: 23.07mg (230.73%), Magnesium: 810.58mg (202.65%), Vitamin B1: 2.65mg (176.86%), Copper: 2.7mg (134.81%), Folate: 503.56µg (125.89%), Vitamin K: 127.56µg (121.48%), Vitamin E: 15.29mg (101.95%), Calcium: 792.39mg (79.24%), Vitamin C: 62.87mg (76.2%), Manganese: 0.45mg (22.52%), Vitamin A: 647.02IU (12.94%), Fiber: 1.7g (6.81%)