



Lime and Sherry Marinade for Flank Steak



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 1 Tbsp cooking sherry dry
- ☐ 3 cloves garlic chopped
- ☐ 0.5 cup juice of lime
- ☐ 1 Tbsp olive oil
- ☐ 1 Tbsp orange juice
- ☐ 1 tsp soya sauce
- ☐ 1 tsp worcestershire sauce

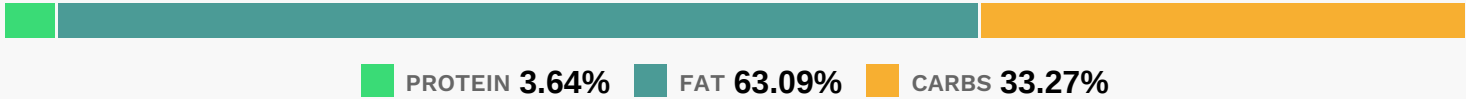
Equipment

☐ grill

Directions

☐ Combine all ingredients and marinade meat for 24 hours.Grill for approximately 8–10 minutes, depending how well you like your steak done.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.46, Inflammation Score:-1, Nutrition Score:1.7582608642785%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg Hesperetin: 3.24mg, Hesperetin: 3.24mg, Hesperetin: 3.24mg, Hesperetin: 3.24mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 48.9kcal (2.44%), Fat: 3.54g (5.45%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 4.01g (1.46%), Sugar: 1.1g (1.22%), Cholesterol: 0mg (0%), Sodium: 104.58mg (4.55%), Alcohol: 0.39g (100%), Alcohol %: 1.04% (100%), Protein: 0.46g (0.92%), Vitamin C: 12.1mg (14.66%), Vitamin E: 0.58mg (3.84%), Manganese: 0.06mg (2.78%), Vitamin B6: 0.05mg (2.3%), Vitamin K: 2.36µg (2.25%), Potassium: 70.79mg (2.02%), Iron: 0.22mg (1.22%), Vitamin B1: 0.02mg (1.2%), Folate: 4.8µg (1.2%), Phosphorus: 11.93mg (1.19%), Magnesium: 4.62mg (1.16%), Calcium: 11.05mg (1.11%), Copper: 0.02mg (1.1%)