



London Broil

 **Gluten Free**  **Dairy Free**

READY IN

ready

260 min.

SERVINGS

servings

4

CALORIES

calories

388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 teaspoon lemon pepper
- ☐ 1 tablespoon meat tenderizer
- ☐ 2 teaspoons seasoning salt
- ☐ 2 teaspoons tarragon vinegar
- ☐ 1.5 pounds top round

☐ 0.3 cup vegetable oil

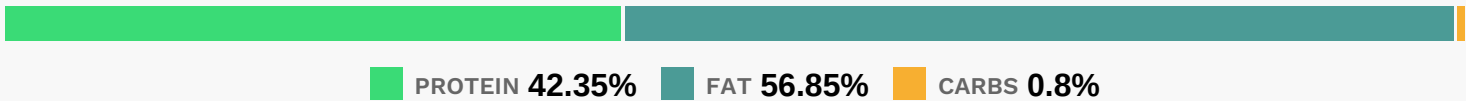
Equipment

- ☐ bowl
- ☐ grill
- ☐ meat tenderizer

Directions

- ☐ Score top and bottom of meat with a 1 1/2 inch square pattern, and score the side.
- ☐ Sprinkle meat liberally with unseasoned meat tenderizer, then pierce with fork 1/8 inch apart and at least half-way through the meat on both sides.
- ☐ Sprinkle lightly with water, and rub in tenderizer.
- ☐ Place on a plate, cover, and set aside for an hour.
- ☐ In a small bowl, mix together oil, lemon juice, seasoned salt, lemon pepper, garlic, parsley, and tarragon vinegar.
- ☐ Pour marinade over meat, reserving a portion to be used for brushing (Note: DO NOT mix the reserved marinade with the meat; set aside for later).
- ☐ Pour remaining marinade over meat, recover dish and refrigerate for three hours, turning every half hour.
- ☐ Preheat grill for hot heat.
- ☐ Lightly oil grate, and position it 2 inches above the coals.
- ☐ Place meat on grill, and cook for 5 minutes. Turn meat over, brush with marinade, and cook for another 5 minutes.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:21.39304352989%

Flavonoids

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: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 387.82kcal (19.39%), Fat: 24.01g (36.94%), Saturated Fat: 4.76g (29.74%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.08g (0.09%), Cholesterol: 106.13mg (35.38%), Sodium: 1276.3mg (55.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.25g (80.5%), Selenium: 55.68µg (79.54%), Vitamin B3: 12.1mg (60.51%), Vitamin B6: 1.2mg (60.14%), Zinc: 7.82mg (52.13%), Phosphorus: 391.63mg (39.16%), Vitamin B12: 2.3µg (38.4%), Vitamin K: 37.33µg (35.55%), Iron: 3.42mg (19.03%), Potassium: 659.24mg (18.84%), Vitamin B2: 0.26mg (15.06%), Vitamin E: 1.99mg (13.29%), Vitamin B5: 1.22mg (12.22%), Vitamin B1: 0.17mg (11.19%), Magnesium: 44.33mg (11.08%), Copper: 0.19mg (9.54%), Folate: 24.68µg (6.17%), Calcium: 42.03mg (4.2%), Manganese: 0.07mg (3.51%), Vitamin C: 1.61mg (1.95%)