London Broil I

🌾 **Gluten Free**   🥛 **Dairy Free**

READY IN	SERVINGS	CALORIES
🕐	🍽	💧
510 min.	**6**	**272 kcal**

LUNCH   MAIN COURSE   MAIN DISH   DINNER

Ingredients

- ☐ 3 cloves garlic minced
- ☐ 1 teaspoon ground pepper black
- ☐ 2 tablespoons catsup
- ☐ 1 teaspoon oregano dried
- ☐ 2 pound round steak
- ☐ 0.5 cup soya sauce
- ☐ 2 tablespoons vegetable oil

Equipment

- [ ] bowl
- [ ] grill
- [ ] ziploc bags

Directions

- [ ] In a small bowl, mix together garlic, soy sauce, oil, ketchup, oregano, and black pepper. Pierce meat with a fork on both sides.
- [ ] Place meat and marinade in a large resealable plastic bag. Refrigerate 8 hours, or overnight.
- [ ] Preheat grill for medium-high heat.
- [ ] Lightly oil the grill grate.
- [ ] Place steak on the grill, and discard marinade. Cook for 5 to 8 minutes per side, depending on thickness. Do not overcook, as it is better on the rare side.

Nutrition Facts

PROTEIN **54.94%**   FAT **39.97%**   CARBS **5.09%**

Properties

Glycemic Index:13.67, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:19.300435035125%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 272.36kcal (13.62%), Fat: 11.82g (18.18%), Saturated Fat: 3.18g (19.88%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 2.96g (1.08%), Sugar: 1.42g (1.58%), Cholesterol: 95.25mg (31.75%), Sodium: 1211.9mg (52.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.55g (73.1%), Selenium: 43.68µg (62.39%), Vitamin B3: 11.3mg (56.5%), Vitamin B6: 1.08mg (53.83%), Vitamin B12: 2.86µg (47.63%), Zinc: 6.61mg (44.06%), Phosphorus: 365.41mg (36.54%), Iron: 3.86mg (21.47%), Potassium: 601.9mg (17.2%), Vitamin B2: 0.29mg (16.95%), Vitamin K: 12.94µg (12.33%), Magnesium: 48.03mg (12.01%), Vitamin B5: 1.11mg (11.12%), Vitamin B1: 0.16mg (10.64%), Manganese: 0.21mg (10.34%), Copper: 0.19mg (9.7%), Vitamin E: 0.96mg (6.42%), Folate: 24.48µg (6.12%), Calcium: 44.37mg (4.44%), Fiber: 0.43g (1.71%), Vitamin D: 0.15µg (1.01%)