

London Broil II

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

READY IN



345 min.

SERVINGS



8

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds flank steak
- 1 clove garlic minced
- 0.5 teaspoon ground pepper black
- 1 tablespoon catsup
- 0.5 teaspoon oregano dried
- 1 teaspoon salt
- 3 tablespoons soya sauce
- 1 tablespoon vegetable oil

Equipment

- bowl
- grill
- aluminum foil

Directions

- In a small bowl, mix together garlic, salt, soy sauce, ketchup, vegetable oil, black pepper and oregano.
- Score both sides of the meat, diamond cut, about 1/8 inch deep. Rub garlic mixture into both sides of the meat. Wrap tightly in aluminum foil, and refrigerate for 5 to 6 hours, or overnight. Flip meat every few hours.
- Preheat an outdoor grill for high heat, and lightly oil grate.
- Place meat on the prepared grill. Cook for 3 to 7 minutes per side, or to desired doneness.

Nutrition Facts

PROTEIN 61.77% **FAT 36.76%** **CARBS 1.47%**

Properties

Glycemic Index:10.25, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:22.428260558973%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 332.89kcal (16.64%), Fat: 13.06g (20.09%), Saturated Fat: 4.97g (31.05%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 1.03g (0.37%), Sugar: 0.52g (0.58%), Cholesterol: 136.08mg (45.36%), Sodium: 805.07mg (35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.38g (98.76%), Selenium: 67.04µg (95.77%), Vitamin B3: 14.43mg (72.13%), Vitamin B6: 1.39mg (69.74%), Zinc: 8.73mg (58.19%), Phosphorus: 468.35mg (46.83%), Vitamin B12: 2.06µg (34.4%), Potassium: 797.75mg (22.79%), Iron: 3.73mg (20.71%), Vitamin B2: 0.28mg (16.21%), Vitamin B5: 1.46mg (14.6%), Magnesium: 53.49mg (13.37%), Vitamin B1: 0.17mg (11.24%), Copper: 0.18mg (9%), Folate: 31.2µg (7.8%), Vitamin K: 6.89µg (6.56%), Vitamin E: 0.85mg (5.66%), Calcium: 52.67mg (5.27%), Manganese: 0.09mg (4.48%)