



London Broil with Texas Toast and Red Onion Jam

READY IN



45 min.

SERVINGS



8

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 0.5 cup balsamic vinegar
- 2 tablespoons brown sugar
- 2 tablespoons butter melted
- 1 tablespoon dijon mustard
- 1 tablespoon basil fresh thinly sliced
- 2 tablespoons ginger fresh minced peeled
- 1 garlic clove crushed

- 3 garlic cloves crushed
- 6 garlic cloves minced
- 0.5 teaspoon kosher salt
- 1 tablespoon olive oil
- 0.5 teaspoon cracked pepper black
- 1.5 pounds onion red sliced
- 1.5 ounce sourdough bread
- 2 pound top round steak thick trimmed ()

Equipment

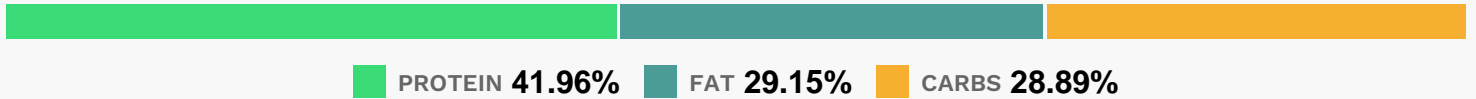
- baking sheet
- oven
- aluminum foil
- broiler
- ziploc bags
- dutch oven
- cutting board
- broiler pan

Directions

- To prepare steak, place first 4 ingredients in a large zip-top plastic bag; add steak. Seal and marinate in refrigerator 2 hours, turning occasionally.
- Preheat broiler.
- Remove steak from bag; discard marinade.
- Sprinkle steak with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- Place steak on a broiler pan coated with cooking spray. Broil 10 minutes on each side (medium-rare) or until desired degree of doneness.
- Place steak on a cutting board; cover loosely with foil.
- Let stand 10 minutes.

- Cut steak against grain into thin slices.
- To prepare jam, heat oil in a Dutch oven over medium-high heat.
- Add onion; cook 20 to 25 minutes or until deep golden brown, stirring frequently.
- Add 1/4 cup vinegar, 2 tablespoons sugar, ginger, and 6 minced garlic cloves; cook 2 minutes or until liquid almost evaporates. Stir in basil, 1/2 teaspoon salt, and 1/2 teaspoon pepper.
- Preheat oven to 35
- To prepare toast, place bread slices on a large baking sheet.
- Bake at 350 for 8 minutes or until lightly browned.
- Combine butter and 1 crushed garlic clove; brush over toast.
- Serve steak with toast and jam.

Nutrition Facts



Properties

Glycemic Index:62.06, Glycemic Load:6.33, Inflammation Score:-6, Nutrition Score:16.676521747009%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 17.33mg, Quercetin: 17.33mg, Quercetin: 17.33mg, Quercetin: 17.33mg

Nutrients (% of daily need)

Calories: 276.27kcal (13.81%), Fat: 8.72g (13.42%), Saturated Fat: 3.43g (21.42%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 17.66g (6.42%), Sugar: 10.43g (11.59%), Cholesterol: 76.7mg (25.57%), Sodium: 303.72mg (13.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.26g (56.52%), Selenium: 39.38µg (56.26%), Vitamin B6: 0.93mg (46.52%), Vitamin B3: 8.21mg (41.07%), Zinc: 5.47mg (36.47%), Phosphorus: 298.45mg (29.85%), Vitamin B12: 1.54µg (25.61%), Potassium: 612.53mg (17.5%), Iron: 2.95mg (16.39%), Manganese: 0.28mg (14.02%), Vitamin B1: 0.2mg (13.1%), Vitamin B2: 0.22mg (12.94%), Magnesium: 44.73mg (11.18%), Folate: 39.34µg (9.83%), Copper: 0.19mg (9.48%), Vitamin B5: 0.93mg (9.34%), Vitamin C: 7.6mg (9.22%), Fiber: 1.79g (7.17%), Calcium: 66.41mg (6.64%), Vitamin E: 0.71mg (4.72%), Vitamin K: 4.37µg (4.16%), Vitamin A: 104.71IU (2.09%)