



Marinated bavette steak



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g flank steak
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 2 tbsp soya sauce
- ☐ 2 tbsp olive oil
- ☐ 2 garlic clove
- ☐ 1 piece ginger grated
- ☐ 0.5 juice of lemon
- ☐ 1 tbsp balsamic vinegar

- ☐ 1 tbsp honey
- ☐ 1 rosemary

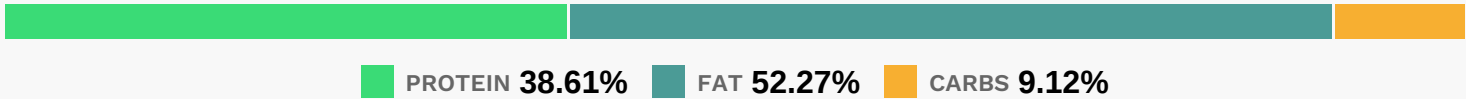
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ For the marinade, mix all the ingredients together in a bowl.
- ☐ Place the steaks in a shallow dish, pour marinade over to coat the meat completely. Cover, chill and leave to marinate overnight.
- ☐ Scrape the marinade off the steaks and rub each steak with a drop of sunflower oil.
- ☐ Heat a griddle pan until very hot, then rub the steaks with the reserved lemon half and cook with the rosemary sprig for 3–4 mins each side for medium–rare, 1 min longer if you prefer it cooked more. Rest for 5 mins before serving with mash or chips.

Nutrition Facts



Properties

Glycemic Index:116.14, Glycemic Load:5.69, Inflammation Score:-4, Nutrition Score:27.341304610119%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 586.99kcal (29.35%), Fat: 33.58g (51.67%), Saturated Fat: 7.83g (48.91%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 12.84g (4.67%), Sugar: 10.4g (11.56%), Cholesterol: 150mg (50%), Sodium: 1141.58mg (49.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.82g (111.64%), Selenium: 74.44µg (106.34%), Vitamin B3:

16.35mg (81.73%), Vitamin B6: 1.6mg (79.91%), Zinc: 9.73mg (64.89%), Phosphorus: 536.76mg (53.68%), Vitamin B12: 2.28µg (37.92%), Vitamin E: 5.64mg (37.6%), Potassium: 939.98mg (26.86%), Iron: 4.55mg (25.28%), Vitamin B2: 0.32mg (19.1%), Vitamin B5: 1.68mg (16.85%), Magnesium: 66.18mg (16.55%), Vitamin B1: 0.2mg (13.3%), Copper: 0.23mg (11.55%), Vitamin K: 11.86µg (11.3%), Manganese: 0.2mg (9.81%), Folate: 38.08µg (9.52%), Calcium: 66.11mg (6.61%), Vitamin C: 4.1mg (4.97%), Fiber: 0.34g (1.37%)