



Marinated Flank Steak

 Gluten Free  Dairy Free

READY IN



155 min.

SERVINGS



35

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb beef flank steak
- 1 tsp grey poupon harvest coarse ground mustard
- 2 pasilla peppers green cut into strips
- 1 1 env. good seasons zesty italian dressing mix italian good
- 1 large onion sliced
- 0.3 cup heinz red wine vinegar

Equipment

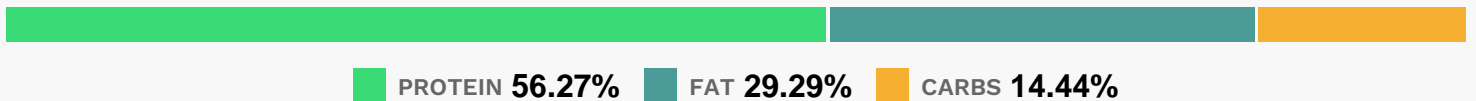
- frying pan

- knife
- broiler
- ziploc bags
- broiler pan

Directions

- Prepare salad dressing as directed on envelope, using the red wine vinegar.
- Add mustard; mix well.
- Score both sides of steak; place in resealable plastic bag.
- Add 1/2 cup of the dressing mixture; seal bag. Turn to evenly coat steak with dressing mixture. Refrigerate 2 hours to marinate.
- Preheat broiler.
- Remove steak from marinade; discard bag and marinade.
- Place steak on rack of broiler pan. Broil, 6 inches from heat, 8 to 10 min. on each side or until medium doneness. Meanwhile, cook peppers and onions in remaining dressing mixture in skillet until crisp-tender. With knife slanted, cut steak across the grain into thin slices.
- Serve topped with the vegetable mixture.

Nutrition Facts



Properties

Glycemic Index:1.97, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.8482608704463%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 21.31kcal (1.07%), Fat: 0.67g (1.03%), Saturated Fat: 0.27g (1.72%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.35g (0.39%), Cholesterol: 7.78mg (2.59%), Sodium: 11.95mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Vitamin C: 5.79mg (7.02%), Selenium: 3.89µg

(5.56%), Vitamin B6: 0.1mg (4.94%), Vitamin B3: 0.85mg (4.23%), Zinc: 0.51mg (3.43%), Phosphorus: 29.07mg (2.91%), Vitamin B12: 0.12µg (1.97%), Potassium: 63.23mg (1.81%), Iron: 0.24mg (1.34%), Vitamin B2: 0.02mg (1.06%), Vitamin B1: 0.02mg (1.03%), Magnesium: 4.1mg (1.02%)