



Marinated Flank Steak



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce beer canned
- ☐ 6 pound flank steaks
- ☐ 8 ounce dressing italian
- ☐ 0.3 cup fajita seasoning

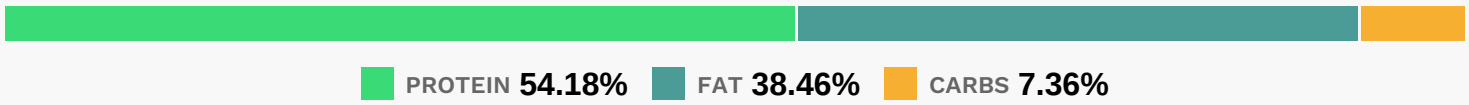
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Place flank steaks in a large zip-top plastic bag.
- ☐ Combine beer, Italian dressing, and fajita seasoning; pour evenly over steak. Seal bags, and chill 8 hours, turning occasionally.
- ☐ Remove steak from marinade, discarding marinade.
- ☐ Prepare a hot fire by piling charcoal on one side of grill, leaving other side empty. (For gas grills, only light one side.)
- ☐ Place food grate on grill.
- ☐ Place steak on lit side of grill. Grill, covered with grill lid, over medium-high heat (350 to 400 degrees F) about 20 minutes or to desired degree of doneness.
- ☐ Let stand 10 minutes before slicing.
- ☐ Note: For testing purposes only, we used Bolner's Fiesta Brand Extra Fancy Fajita Seasoning, which is available at Wal-Mart and most supermarkets.

Nutrition Facts



Properties

Glycemic Index:3.79, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:26.533043943669%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 381.32kcal (19.07%), Fat: 15.54g (23.91%), Saturated Fat: 5.34g (33.36%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 4.6g (1.67%), Sugar: 2.24g (2.49%), Cholesterol: 136.08mg (45.36%), Sodium: 310.24mg (13.49%), Alcohol: 1.11g (100%), Alcohol %: 0.5% (100%), Protein: 49.25g (98.51%), Selenium: 67.67µg (96.68%), Vitamin B3: 14.52mg (72.61%), Vitamin B6: 1.45mg (72.44%), Zinc: 8.83mg (58.9%), Phosphorus: 472.23mg (47.22%), Vitamin K: 43.95µg (41.86%), Vitamin B12: 2.07µg (34.49%), Iron: 5.36mg (29.79%), Potassium: 859.01mg (24.54%),

Vitamin B2: 0.29mg (17.29%), Magnesium: 65.85mg (16.46%), Vitamin B5: 1.49mg (14.86%), Manganese: 0.28mg (13.95%), Vitamin E: 1.97mg (13.14%), Calcium: 129.93mg (12.99%), Vitamin B1: 0.18mg (11.81%), Folate: 42.87µg (10.72%), Copper: 0.2mg (10.09%), Fiber: 2.09g (8.38%), Vitamin A: 90.64IU (1.81%)