



WHATSheATE



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

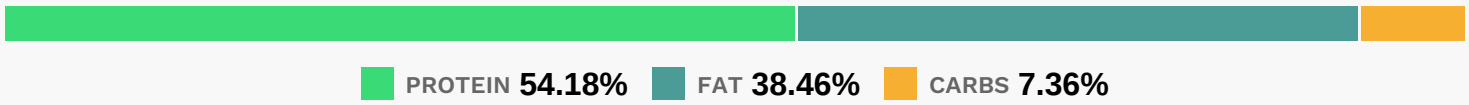


ziploc bags

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%)