



Marinated Flank Steak



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon mustard dry
- ☐ 1.5 pounds flank steak
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 cup soya sauce
- ☐ 0.5 cup vegetable oil

☐ 1 tablespoon worcestershire sauce

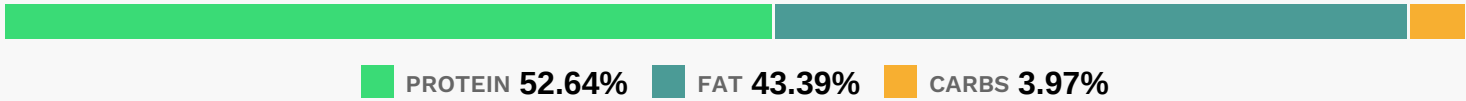
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Whisk vegetable oil, soy sauce, red wine vinegar, lemon juice, Worcestershire sauce, mustard, garlic, and black pepper together in a bowl; pour into a resealable plastic bag.
- ☐ Add flank steak to the bag, coat with the marinade, squeeze bag to remove excess air, and seal the bag.
- ☐ Marinate in the refrigerator 8 hours to overnight.
- ☐ Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- ☐ Remove steak from the bag and shake off excess marinade. Discard remaining marinade.
- ☐ Cook the steak until beginning to firm and is hot and slightly pink in the center, 5 to 7 minutes per side. An instant-read thermometer inserted into the center should read at least 140 degrees F (60 degrees C).
- ☐ Rest steak 5 to 10 minutes before slicing across the grain.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:18.753478194061%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg,

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Nutrients (% of daily need)

Calories: 304.54kcal (15.23%), Fat: 14.18g (21.82%), Saturated Fat: 4.38g (27.35%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 2.63g (0.96%), Sugar: 0.98g (1.09%), Cholesterol: 102.06mg (34.02%), Sodium: 1226.85mg (53.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.71g (77.41%), Selenium: 51.52µg (73.59%), Vitamin B3: 11.42mg (57.11%), Vitamin B6: 1.08mg (54.14%), Zinc: 6.65mg (44.36%), Phosphorus: 378.56mg (37.86%), Vitamin B12: 1.55µg (25.8%), Potassium: 676.93mg (19.34%), Iron: 3.45mg (19.17%), Vitamin B2: 0.23mg (13.76%), Magnesium: 49.01mg (12.25%), Vitamin K: 12.35µg (11.76%), Vitamin B5: 1.16mg (11.64%), Vitamin B1: 0.14mg (9.62%), Copper: 0.17mg (8.43%), Manganese: 0.16mg (8.18%), Folate: 28.29µg (7.07%), Vitamin E: 0.98mg (6.54%), Calcium: 48.72mg (4.87%), Vitamin C: 3.8mg (4.61%), Fiber: 0.29g (1.14%)