



Marinated Flank Steak with Blue Cheese Sauce

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 1.3 pounds beef flank steak
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons cheese blue crumbled
- 1 teaspoon brown sugar
- 2 tablespoons lowfat buttermilk
- 2 tablespoons parsley leaves fresh chopped
- 2 cloves garlic minced

- 2 tablespoons olive oil
- 12 radicchio leaves
- 1 medium onion red
- 0.5 teaspoon salt
- 1 Dash worcestershire sauce

Equipment

- bowl
- whisk
- plastic wrap
- grill
- ziploc bags
- grill pan

Directions

- Watch how to make this recipe.
- Place the steak pieces between 2 pieces of plastic wrap or parchment and pound to 1/4- inch thickness.
- Cut into 4 equal pieces, diagonally, against the grain.
- In a small bowl, whisk together 1 tablespoon of the olive oil, balsamic vinegar, sugar and garlic.
- Put the steak into a sealable plastic bag with the marinade and let sit for 30 minutes at room temperature, or 1 hour in the refrigerator.
- In the meantime, in a small bowl combine the blue cheese and buttermilk with a fork, mashing until creamy. Stir in the Worcestershire and set aside.
- Spray a large grill pan with cooking spray and preheat over medium-high heat.
- Cut the onion into 1/4-inch rounds brush both sides with the remaining tablespoon of oil and grill 6 minutes per side. Separate into rings and set aside.
- Remove the meat from the marinade and season both sides with salt and pepper. Discard the marinade. Cook the meat in the grill pan over medium-high heat for about 3 minutes per side for medium rare.

Arrange 3 radicchio leaves and a pile of onions on each serving plate. Top with a piece of steak.

Drizzle with blue cheese sauce and top with a sprinkling of parsley.

Nutrition Facts

PROTEIN 44.23% **FAT 48.05%** **CARBS 7.72%**

Properties

Glycemic Index:57.25, Glycemic Load:1.22, Inflammation Score:-5, Nutrition Score:17.884347946747%

Flavonoids

Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 295.55kcal (14.78%), Fat: 15.4g (23.7%), Saturated Fat: 4.72g (29.51%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 4.94g (1.8%), Sugar: 3.19g (3.55%), Cholesterol: 88.5mg (29.5%), Sodium: 421.69mg (18.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.9g (63.8%), Selenium: 43µg (61.43%), Vitamin B6: 0.92mg (46.1%), Vitamin B3: 8.95mg (44.75%), Vitamin K: 46.81µg (44.58%), Zinc: 5.66mg (37.74%), Phosphorus: 320.03mg (32%), Vitamin B12: 1.37µg (22.79%), Potassium: 578.35mg (16.52%), Iron: 2.52mg (14.02%), Vitamin B2: 0.2mg (11.86%), Vitamin B5: 1.04mg (10.44%), Vitamin E: 1.52mg (10.16%), Magnesium: 38.08mg (9.52%), Vitamin B1: 0.12mg (8.32%), Folate: 30.22µg (7.56%), Calcium: 72.22mg (7.22%), Copper: 0.14mg (6.95%), Vitamin C: 5.44mg (6.59%), Manganese: 0.11mg (5.33%), Vitamin A: 209.94IU (4.2%), Fiber: 0.62g (2.49%)