



Marinated Flank Steaks



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cooking wine dry red
- ☐ 2 pound flank steaks
- ☐ 3 tablespoons juice of lemon
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 1.5 tablespoons mustard prepared
- ☐ 3 tablespoons worcestershire sauce low-sodium

Equipment

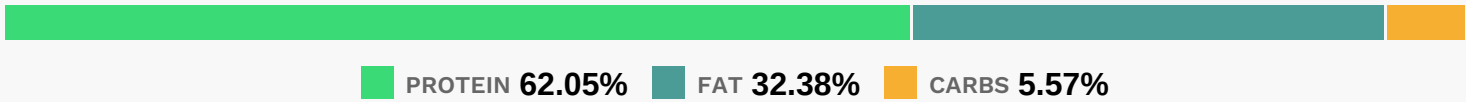
- ☐ sauce pan

- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Make shallow cuts in steaks diagonally across grain at 1-inch intervals.
- ☐ Brush both sides of steaks with mustard.
- ☐ Place steaks in a large shallow dish.
- ☐ Combine wine and next 3 ingredients; pour over steaks. Cover and marinate in refrigerator 8 to 12 hours, turning steaks occasionally.
- ☐ Preheat broiler.
- ☐ Remove steaks from marinade, reserving marinade.
- ☐ Place reserved marinade in a small saucepan; bring to a boil.
- ☐ Remove from heat, and set aside.
- ☐ Place steaks on a rack in a broiler pan coated with cooking spray. Broil 5 1/2 inches from heat 5 to 7 minutes on each side or to desired degree of doneness, basting with reserved marinade.
- ☐ Cut steaks diagonally across grain into thin slices.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:11.844347758138%

Flavonoids

Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 1.48mg, Malvidin: 1.48mg, Malvidin: 1.48mg, Malvidin: 1.48mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 171.31kcal (8.57%), Fat: 5.8g (8.92%), Saturated Fat: 2.36g (14.77%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.85g (0.94%), Cholesterol: 68.04mg (22.68%), Sodium: 389.97mg (16.96%), Alcohol: 0.59g (100%), Alcohol %: 0.54% (100%), Protein: 24.99g (49.97%), Selenium: 34.48µg (49.25%), Vitamin B3: 7.2mg (35.98%), Vitamin B6: 0.7mg (35.01%), Zinc: 4.42mg (29.49%), Phosphorus: 246.34mg (24.63%), Vitamin B12: 1.03µg (17.2%), Potassium: 468.82mg (13.39%), Iron: 2.21mg (12.3%), Vitamin B2: 0.16mg (9.16%), Magnesium: 31.6mg (7.9%), Vitamin B5: 0.75mg (7.49%), Vitamin B1: 0.1mg (6.34%), Copper: 0.1mg (5.07%), Folate: 19.21µg (4.8%), Vitamin C: 3.02mg (3.66%), Calcium: 34.54mg (3.45%), Manganese: 0.05mg (2.52%), Vitamin E: 0.38mg (2.51%), Vitamin K: 1.47µg (1.4%)