



 37%  
HEALTH SCORE

## Marinated Flat Iron Steak

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 tablespoons balsamic vinegar
- 1 tablespoon dijon mustard
- 2 lb flat iron steak
- 2 garlic clove chopped
- 4 servings ginger grated
- 4 servings herbs: rosemary fresh ( anything in hand)
- 1 lemon zest grated
- 2 optional: lemon juiced

- 1 tablespoon mayonnaise
- 0.5 cup olive oil
- 4 servings salt and pepper to taste

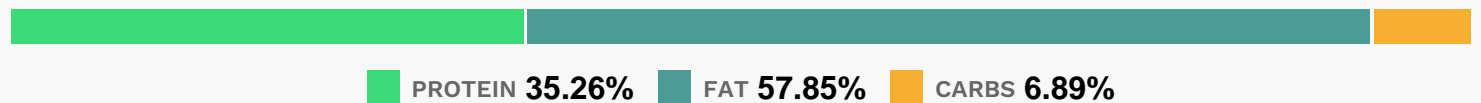
## Equipment

- baking pan

## Directions

- Cut the flat iron steak lengthwise to form two equal strips.
- Place all the above ingredients in a large baking pan, or Ziploc bag.
- Add the meat to it and place in the refrigerator for an hour or more. Start the BBQ. When temperature reaches high, add the steaks. Cover and cook for 3 minutes. Turn the steaks and cook the other side for another 3 minutes, or to required doneness.

## Nutrition Facts



## Properties

Glycemic Index:58.63, Glycemic Load:2.17, Inflammation Score:-6, Nutrition Score:32.40652173913%

## Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Taste

Sweetness: 19.36%, Saltiness: 100%, Sourness: 74.85%, Bitterness: 50.13%, Savoriness: 61.03%, Fattiness: 76.33%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 505.18kcal (25.26%), Fat: 32.22g (49.58%), Saturated Fat: 10.14g (63.4%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 6.6g (2.4%), Sugar: 3.36g (3.74%), Cholesterol: 151.16mg (50.39%), Sodium: 431.89mg (18.78%),

Protein: 44.19g (88.37%), Vitamin B12: 11.46µg (190.96%), Zinc: 15.75mg (104.97%), Selenium: 69.4µg (99.14%),  
Vitamin K: 76µg (72.38%), Vitamin B6: 0.91mg (45.66%), Vitamin C: 36.46mg (44.19%), Phosphorus: 438.49mg  
(43.85%), Vitamin B3: 7.92mg (39.58%), Iron: 6.16mg (34.22%), Vitamin B2: 0.54mg (31.54%), Potassium: 834.05mg  
(23.83%), Vitamin B5: 2.31mg (23.13%), Vitamin B1: 0.26mg (17.43%), Copper: 0.31mg (15.65%), Magnesium:  
58.69mg (14.67%), Vitamin E: 1.41mg (9.41%), Fiber: 2.04g (8.14%), Vitamin A: 354.66IU (7.09%), Manganese: 0.12mg  
(6.03%), Folate: 19.72µg (4.93%), Calcium: 44.27mg (4.43%)