



Marinated Grilled Flank Steak with BLT Smashed Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



929 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices smoky bacon smoked thick cut such as applewood bacon chopped
- ☐ 1 cup chicken broth
- ☐ 2 pounds flank steak
- ☐ 3 cloves garlic finely chopped
- ☐ 1 tablespoon grill seasoning blend recommended: Montreal Steak Seasoning
- ☐ 1 teaspoon ground cumin smoked
- ☐ 2 teaspoon hot sauce – eyeball it

- ☐ 1 leek trimmed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2.5 pounds skin new potatoes red
- ☐ 4 servings salt and pepper
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 vine tomato ripe seeded chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 tablespoon worcestershire sauce

Equipment

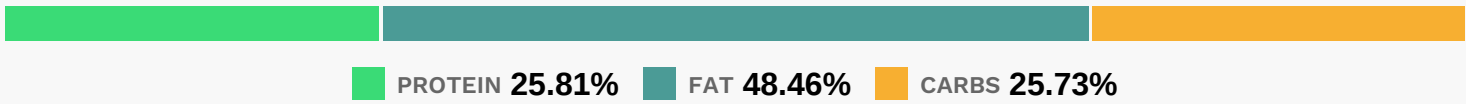
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ colander
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix garlic, steak seasoning, smoked paprika, chipotle or cumin, hot sauce, Worcestershire sauce and vinegar.
- ☐ Whisk in extra-virgin olive oil.
- ☐ Place meat in shallow dish and coat it evenly in marinade.
- ☐ Let stand 15 minutes.
- ☐ Cut larger potatoes in half, leave very small potatoes whole.
- ☐ Place potatoes in a pot and cover with water. Bring to a boil and cook potatoes 12 to 15 minutes until tender.
- ☐ Heat a grill pan or outdoor grill to high heat.

- ☐ Cut leek in half lengthwise. Chop into 1/2-inch pieces.
- ☐ Place leeks in big bowl of water and release all the dirt from them with a good swish, separating all the layers.
- ☐ Drain leeks in a colander.
- ☐ Grill flank steak 6 to 7 minutes on each side.
- ☐ Put a drizzle of extra-virgin olive oil into a hot nonstick skillet over medium high heat. Cook bacon 3 to 5 minutes until it begins to crisp and has rendered most of its fat.
- ☐ Add leeks to the skillet and cook 3 to 5 minutes more until the leeks are tender.
- ☐ Drain the potatoes and return them to the hot pot. Smash the potatoes with the chicken stock.
- ☐ Add the BLT: bacon, leeks and tomatoes to the potatoes and continue to smash. Season the potatoes with salt and pepper to your taste.
- ☐ Remove flank steak from grill and let juices redistribute before slicing. Thinly slice meat on an angle, cutting the meat against the grain.
- ☐ Serve sliced flank steak next to BLT potatoes and top potatoes with a dollop of sour cream.

Nutrition Facts



Properties

Glycemic Index:45.94, Glycemic Load:37.66, Inflammation Score:-9, Nutrition Score:44.079565455084%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.9mg, Kaempferol: 2.9mg, Kaempferol: 2.9mg, Kaempferol: 2.9mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 929.09kcal (46.45%), Fat: 49.9g (76.77%), Saturated Fat: 16.07g (100.42%), Carbohydrates: 59.6g (19.87%), Net Carbohydrates: 52.26g (19%), Sugar: 6.64g (7.38%), Cholesterol: 185.7mg (61.9%), Sodium: 836.34mg (36.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.81g (119.62%), Vitamin B6: 2.42mg (121.08%), Selenium: 75.28µg (107.54%), Vitamin B3: 18.59mg (92.94%), Vitamin C: 66.16mg (80.19%), Phosphorus: 722.64mg (72.26%), Zinc: 10.17mg (67.8%), Potassium: 2271.47mg (64.9%), Iron: 7.27mg (40.41%), Vitamin K: 41.4µg (39.43%),

Vitamin B12: 2.31µg (38.44%), Manganese: 0.76mg (37.81%), Magnesium: 138.19mg (34.55%), Vitamin B1: 0.51mg (34.1%), Vitamin B2: 0.53mg (31.14%), Fiber: 7.35g (29.39%), Copper: 0.58mg (28.75%), Vitamin E: 4.2mg (27.98%), Vitamin B5: 2.67mg (26.67%), Folate: 99.19µg (24.8%), Vitamin A: 1181.63IU (23.63%), Calcium: 180.51mg (18.05%)