Marinated Grilled Flank Steak with BLT Smashed Potatoes

Gluten Free

READY IN	SERVINGS	CALORIES
35 min.	4	929 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 4 slices bacon smoked thick cut such as applewood bacon chopped
- [ ] 1 cup chicken broth
- [ ] 2 pounds flank steak
- [ ] 3 cloves garlic finely chopped
- [ ] 1 tablespoon steak seasoning (recommended: Montreal Steak Seasoning)
- [ ] 1 teaspoon chipotle chili powder smoked
- [ ] 2 teaspoon hot sauce

- [ ] 1 leek trimmed
- [ ] 0.3 cup olive oil extra virgin extra-virgin
- [ ] 2.5 pounds baby potatoes red
- [ ] 4 servings salt and pepper
- [ ] 1 cup cream sour
- [ ] 1 tomatoes 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

PROTEIN **25.81%** FAT **48.46%** CARBS **25.73%**

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: 0g (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%)