



Marinated Grilled Hanger Steak



Gluten Free



Dairy Free

READY IN



155 min.

SERVINGS



6

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch pepper red crushed
- ☐ 4 tablespoons dijon mustard
- ☐ 3 cloves garlic smashed finely chopped
- ☐ 1 juice of lemon
- ☐ 6 servings kosher salt
- ☐ 6 servings olive oil extra-virgin
- ☐ 2 sprigs rosemary finely chopped
- ☐ 1 pound hanger steaks trimmed cut in half lengthwise

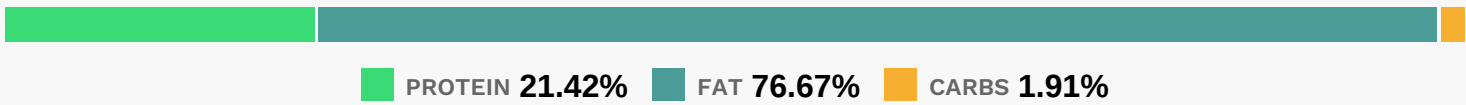
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small bowl, combine the Dijon, garlic, rosemary, lemon juice and zest, and crushed red pepper. Schmear the steaks with this deliciousness and let them hang out in the fridge overnight or up to 2 hours in the fridge.
- ☐ Preheat the grill. Season the steaks with salt.
- ☐ When the grill is hot, brush and oil the grill. When the flames have dissipated place the steaks on a hot spot on the grill.
- ☐ Brush with the excess marinade and move the steaks out of the flame if there is a flare up. Grill the steak for 4 to 5 minutes on each side for medium rare.
- ☐ Remove the steaks from the grill and let them rest for 5 to 10 minutes before slicing.
- ☐ Serve immediately after slicing.
- ☐ Where's the beef?

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:8.847826199687%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 290.6kcal (14.53%), Fat: 25.05g (38.55%), Saturated Fat: 6.72g (41.99%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.28g (0.32%), Cholesterol: 46.12mg (15.37%), Sodium: 343.98mg (14.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.75g (31.5%), Selenium: 22.07µg (31.53%), Zinc: 3.96mg (26.43%), Vitamin B12: 1.25µg (20.92%), Vitamin B3: 3.77mg (18.87%), Vitamin B6: 0.33mg (16.52%), Vitamin E: 2.07mg (13.77%), Phosphorus: 122.43mg (12.24%), Vitamin B2: 0.19mg (11.18%), Vitamin K: 9.76µg (9.29%), Iron: 1.58mg (8.79%), Potassium: 229.59mg (6.56%), Vitamin B1: 0.09mg (5.99%), Magnesium: 21.45mg (5.36%), Copper: 0.07mg (3.61%), Manganese: 0.07mg (3.44%), Vitamin C: 2.46mg (2.99%), Fiber: 0.5g (1.99%), Calcium: 15.35mg (1.53%), Folate: 4.12µg (1.03%)