



Mediterranean Flank Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cooking wine dry red
- ☐ 1.8 pound flank steak
- ☐ 2 tablespoons marjoram fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons hot sauce
- ☐ 0.5 cup juice of lemon
- ☐ 0.5 cup olive oil
- ☐ 0.5 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 2 shallots minced

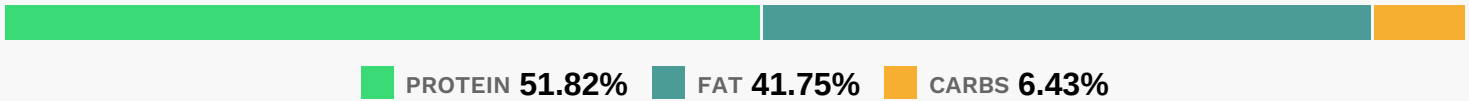
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 7 ingredients in a shallow dish or large heavy-duty zip-top plastic bag; add flank steak. Cover or seal, and chill 8 hours, turning steak occasionally.
- ☐ Remove steak from marinade, discarding marinade.
- ☐ Sprinkle steak with salt and pepper.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 6 minutes on each side or to desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut steak diagonally across the grain into thin strips.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:14.758695773456%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

0.15mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 234.14kcal (11.71%), Fat: 10.29g (15.83%), Saturated Fat: 3.26g (20.34%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 3.15g (1.15%), Sugar: 1.2g (1.34%), Cholesterol: 79.38mg (26.46%), Sodium: 301mg (13.09%), Alcohol: 1.05g (100%), Alcohol %: 0.69% (100%), Protein: 28.75g (57.49%), Selenium: 39.3µg (56.14%), Vitamin B6: 0.85mg (42.7%), Vitamin B3: 8.29mg (41.47%), Zinc: 5.13mg (34.22%), Phosphorus: 276.19mg (27.62%), Vitamin B12: 1.2µg (20.07%), Potassium: 511.83mg (14.62%), Vitamin K: 15.08µg (14.36%), Vitamin C: 10.73mg (13.01%), Iron: 2.26mg (12.54%), Vitamin B2: 0.16mg (9.41%), Vitamin B5: 0.9mg (8.97%), Magnesium: 33.02mg (8.25%), Vitamin B1: 0.11mg (7.22%), Folate: 25.25µg (6.31%), Vitamin E: 0.94mg (6.3%), Copper: 0.11mg (5.69%), Manganese: 0.08mg (4.08%), Calcium: 35.82mg (3.58%), Fiber: 0.42g (1.67%), Vitamin A: 60.88IU (1.22%)