



Midwestern Barbecued Flank Steak

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bull's-eye original barbecue sauce kraft
- 1 lb beef flank steak
- 1 clove garlic peeled halved
- 1 large onion cut into 1/ slices

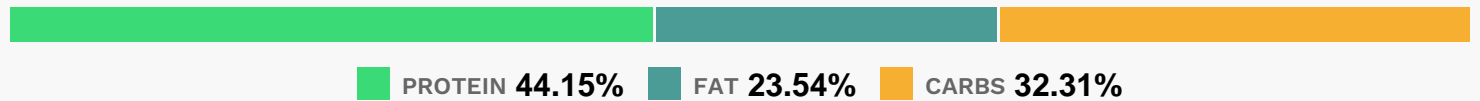
Equipment

- grill

Directions

- Preheat greased grill to medium-high heat. Rub both sides of steak with garlic.
- Grill steak and onions 15 to 20 minutes or until steak is cooked through and onions are tender, turning occasionally and brushing steak occasionally with barbecue sauce.
- Cut steak across the grain into thin slices.
- Serve with grilled onions.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.84, Inflammation Score:-4, Nutrition Score:12.767391220383%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

Nutrients (% of daily need)

Calories: 232.96kcal (11.65%), Fat: 5.94g (9.13%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 18.34g (6.11%), Net Carbohydrates: 17.36g (6.31%), Sugar: 13.47g (14.96%), Cholesterol: 68.04mg (22.68%), Sodium: 429.95mg (18.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.05g (50.11%), Selenium: 34.21µg (48.87%), Vitamin B6: 0.77mg (38.36%), Vitamin B3: 7.32mg (36.62%), Zinc: 4.48mg (29.84%), Phosphorus: 248.24mg (24.82%), Vitamin B12: 1.03µg (17.2%), Potassium: 527.39mg (15.07%), Iron: 2.07mg (11.48%), Vitamin B2: 0.16mg (9.49%), Magnesium: 33.53mg (8.38%), Vitamin B5: 0.82mg (8.24%), Vitamin B1: 0.11mg (7.24%), Copper: 0.13mg (6.27%), Manganese: 0.12mg (5.92%), Folate: 22.6µg (5.65%), Calcium: 45.59mg (4.56%), Vitamin E: 0.62mg (4.15%), Vitamin C: 3.22mg (3.91%), Fiber: 0.98g (3.9%), Vitamin K: 2.17µg (2.06%), Vitamin A: 80.9IU (1.62%)