



## Molasses Grilled Flank Steak

 **Gluten Free**  **Dairy Free**

READY IN



**285 min.**

SERVINGS



**6**

CALORIES



**310 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons dijon mustard
- 2 pound flank steak trimmed
- 3 cloves garlic chopped
- 1 tablespoon soya sauce low sodium
- 3 tablespoons blackstrap molasses
- 3 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 2 tablespoons rosemary chopped

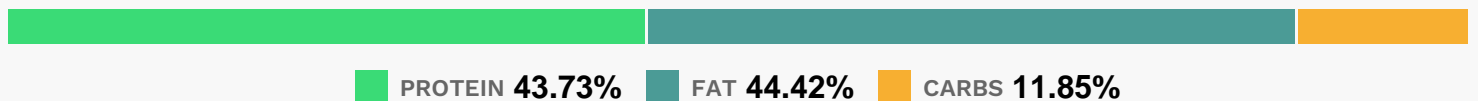
## Equipment

- whisk
- grill
- measuring cup
- grill pan

## Directions

- Watch how to make this recipe.
- Whisk together the molasses, vinegar, mustard, soy sauce, olive oil, garlic, and rosemary in a 2 cups measuring cup.
- Pour the marinade into a 1-gallon size ziptop bag.
- Add the flank steak and turn to coat with the marinade.
- Place in the refrigerator for 4 hours (or at least 1 hour if time is limited).
- Remove the steak from the fridge at least 30 minutes before grilling to remove the chill.
- Heat a cast iron grill pan or outdoor gas grill over medium high heat.
- Remove steak from the marinade letting excess drip off. Season the steak well with salt and pepper. Grill steak on each side for 5 to 6 minutes, a total of 12 minutes.
- Let rest for 10 minutes before slicing across the grain.

## Nutrition Facts



## Properties

Glycemic Index:29.33, Glycemic Load:3.55, Inflammation Score:-4, Nutrition Score:17.549130165059%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 309.98kcal (15.5%), Fat: 14.94g (22.99%), Saturated Fat: 4.17g (26.09%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 8.3g (3.02%), Sugar: 7.6g (8.45%), Cholesterol: 90.72mg (30.24%), Sodium: 263.66mg (11.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.09g (66.19%), Selenium: 49.19µg (70.27%), Vitamin B6: 1.02mg (51.07%), Vitamin B3: 9.6mg (47.99%), Zinc: 5.93mg (39.53%), Phosphorus: 324.41mg (32.44%), Vitamin B12: 1.38µg (22.93%), Potassium: 697.6mg (19.93%), Iron: 3.25mg (18.05%), Magnesium: 65.05mg (16.26%), Manganese: 0.25mg (12.66%), Vitamin B2: 0.19mg (11.17%), Vitamin B5: 1.07mg (10.73%), Vitamin E: 1.48mg (9.9%), Vitamin B1: 0.13mg (8.98%), Copper: 0.17mg (8.74%), Calcium: 69.54mg (6.95%), Vitamin K: 6.17µg (5.87%), Folate: 23.45µg (5.86%), Fiber: 0.66g (2.63%), Vitamin C: 0.94mg (1.14%)