



Pan-Grilled Beer-Marinated Hanger Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beer dark black (such as bock, märzen, or Samuel Adams Lager)
- ☐ 2 teaspoons dijon mustard
- ☐ 2 teaspoons rosemary leaves fresh chopped
- ☐ 3 large garlic clove minced
- ☐ 2 teaspoons pepper black
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup soya sauce
- ☐ 2.5 pounds fat-trimmed beef flank steak trimmed (3 pieces)

☐ 2 teaspoons worcestershire sauce

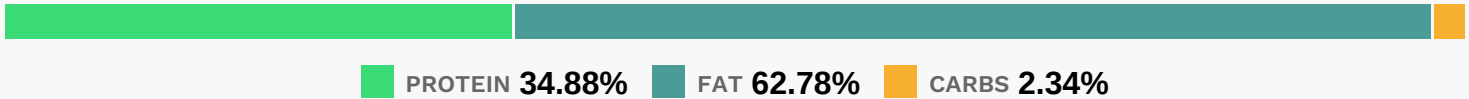
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Whisk first 7 ingredients in medium bowl, then whisk in beer.
- ☐ Pour marinade into large resealable plastic bag.
- ☐ Add steaks, seal bag, and chill 1 day, turning bag occasionally.
- ☐ Spray large ridged skillet or grill pan with nonstick spray and heat over medium-high heat.
- ☐ Remove steaks from marinade and pat dry; discard marinade.
- ☐ Place steaks in hot skillet and cook until well browned and thermometer inserted into center registers 125F to 130F for medium-rare, about 5 minutes per side.
- ☐ Transfer steaks to carving board and let rest 5 minutes.
- ☐ Slice steaks thinly across grain. Arrange on platter; spoon any accumulated juices over and serve.

Nutrition Facts



Properties

Glycemic Index:24.92, Glycemic Load:0.58, Inflammation Score:-3, Nutrition Score:18.716956571392%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg,

Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 455.13kcal (22.76%), Fat: 31.49g (48.44%), Saturated Fat: 12.55g (78.43%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 2.28g (0.83%), Sugar: 0.41g (0.45%), Cholesterol: 115.29mg (38.43%), Sodium: 683.87mg (29.73%), Alcohol: 0.77g (100%), Alcohol %: 0.42% (100%), Protein: 39.37g (78.74%), Selenium: 47.13µg (67.33%), Zinc: 9.78mg (65.19%), Vitamin B12: 3.14µg (52.35%), Vitamin B3: 9.78mg (48.89%), Vitamin B6: 0.8mg (40.21%), Phosphorus: 293.85mg (29.38%), Vitamin B2: 0.48mg (28.11%), Iron: 3.74mg (20.75%), Potassium: 565.96mg (16.17%), Vitamin B1: 0.18mg (12.09%), Magnesium: 47.34mg (11.84%), Copper: 0.18mg (9.01%), Manganese: 0.17mg (8.36%), Vitamin K: 6.81µg (6.48%), Vitamin E: 0.69mg (4.58%), Calcium: 24.96mg (2.5%), Folate: 9.06µg (2.27%), Fiber: 0.35g (1.42%), Vitamin D: 0.19µg (1.26%)