



Peppercorn Flank Steak

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

READY IN



45 min.

SERVINGS



4

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cooking wine dry red
- 1 pound flank steak
- 2 garlic cloves minced
- 2 tablespoons peppercorns mixed crushed
- 2 teaspoons worcestershire sauce

Equipment

- grill
- ziploc bags

Directions

- Combine first 3 ingredients in a large zip-top plastic bag. Trim fat from steak. Score a diamond pattern on both sides of steak.
- Sprinkle the peppercorns over both sides of steak, pressing pepper into steak.
- Add steak to bag; seal and marinate in refrigerator 1 hour.
- Remove steak from bag; discard marinade.
- Prepare grill.
- Place steak on grill rack coated with cooking spray; grill 4 minutes on each side or until desired degree of doneness.
- Cut steak diagonally across the grain into thin slices.

Nutrition Facts

PROTEIN 57.82% **FAT 30.47%** **CARBS 11.71%**

Properties

Glycemic Index:15.5, Glycemic Load:0.76, Inflammation Score:-3, Nutrition Score:13.861304236495%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 197.35kcal (9.87%), Fat: 5.84g (8.99%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 3.75g (1.36%), Sugar: 0.35g (0.39%), Cholesterol: 68.04mg (22.68%), Sodium: 100.36mg (4.36%), Alcohol: 3.15g (100%), Alcohol %: 2.61% (100%), Protein: 24.94g (49.87%), Selenium: 33.93µg (48.46%), Vitamin B6: 0.72mg (35.96%), Vitamin B3: 7.15mg (35.75%), Manganese: 0.68mg (33.76%), Zinc: 4.43mg (29.5%), Phosphorus: 241.06mg (24.11%), Vitamin B12: 1.03µg (17.2%), Potassium: 483.15mg (13.8%), Iron: 2.42mg (13.42%), Vitamin K: 9.6µg (9.14%), Magnesium: 34.26mg (8.57%), Vitamin B2: 0.14mg (8.53%), Copper: 0.16mg (7.99%), Vitamin B5:

0.79mg (7.93%), Vitamin B1: 0.09mg (6.14%), Calcium: 51.89mg (5.19%), Fiber: 1.3g (5.19%), Folate: 15.88µg (3.97%),
Vitamin E: 0.38mg (2.56%), Vitamin C: 0.86mg (1.04%)