



 **52%**
HEALTH SCORE

Peppery Grilled Flank Steak

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings tomato-cheese bread
- 0.7 cup cooking wine dry white
- 3 pound flank steaks trimmed
- 2 garlic cloves pressed
- 0.3 cup olive oil
- 2.5 tablespoons cracked pepper
- 2 bell peppers red cut into thin strips
- 4 teaspoons sugar

- 2 bell peppers yellow cut into thin strips

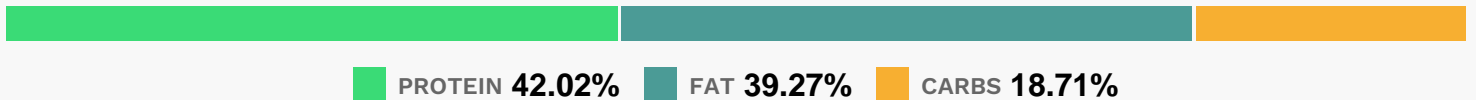
Equipment

- grill
- ziploc bags

Directions

- Combine first 7 ingredients in a shallow dish or large heavy-duty zip-top plastic bag; add steaks. Cover or seal, and chill 8 hours, turning occasionally.
- Remove steaks and bell pepper strips from marinade, discarding marinade.
- Place bell pepper strips in a grill basket.
- Grill steaks and bell pepper strips, covered with grill lid, over high heat (400 to 500 degrees) for 5 to 7 minutes on each side or to desired degree of doneness.
- Cut 1 steak diagonally across the grain into thin strips. Cover and chill remaining steak for Beef Salad Nicoise.
- Serve sliced steak and bell pepper strips with Tomato-Cheese Bread.

Nutrition Facts



Properties

Glycemic Index:39.63, Glycemic Load:10.01, Inflammation Score:-9, Nutrition Score:35.244782820992%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 527.91kcal (26.4%), Fat: 21.91g (33.7%), Saturated Fat: 6.21g (38.83%), Carbohydrates: 23.48g (7.83%), Net Carbohydrates: 20.51g (7.46%), Sugar: 6.21g (6.9%), Cholesterol: 136.08mg (45.36%), Sodium: 257.23mg (11.18%), Alcohol: 2.75g (100%), Alcohol %: 0.93% (100%), Protein: 52.73g (105.46%), Vitamin C: 123.93mg (150.22%), Selenium: 75.43µg (107.76%), Vitamin B3: 16.49mg (82.47%), Vitamin B6: 1.62mg (80.91%), Zinc: 9.22mg (61.45%), Phosphorus: 524.36mg (52.44%), Manganese: 0.82mg (40.82%), Vitamin B12: 2.06µg (34.4%), Potassium: 1036.96mg (29.63%), Iron: 5.24mg (29.1%), Vitamin A: 1335.62IU (26.71%), Vitamin B2: 0.39mg (22.65%), Vitamin B1: 0.32mg (21.13%), Folate: 82.57µg (20.64%), Magnesium: 78.09mg (19.52%), Vitamin B5: 1.9mg (19.04%), Vitamin E: 2.66mg (17.74%), Vitamin K: 15.67µg (14.93%), Copper: 0.29mg (14.68%), Fiber: 2.96g (11.85%), Calcium: 105.17mg (10.52%)