



Perfect Flat Iron Steak



Gluten Free



Dairy Free

READY IN



148 min.

SERVINGS



6

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup wine
- ☐ 2 pound flat iron steak
- ☐ 0.5 teaspoon chives fresh chopped
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 0.3 teaspoon rosemary fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.8 teaspoon ground pepper black
- ☐ 0.3 teaspoon ground mustard dry

- ☐ 2.5 tablespoons olive oil
- ☐ 0.5 teaspoon salt

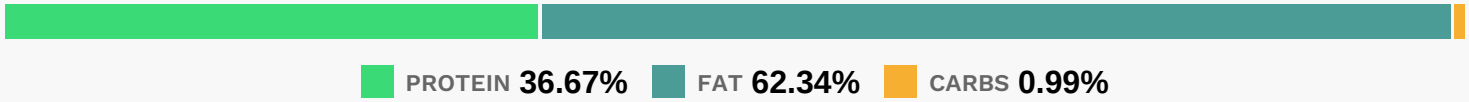
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place the steak inside of a large resealable bag. In a small bowl, stir together the olive oil, garlic, parsley, rosemary, chives, Cabernet, salt, pepper and mustard powder.
- ☐ Pour over the steak in the bag. Press out as much air as you can and seal the bag. Marinate in the refrigerator for 2 to 3 hours.
- ☐ Heat a nonstick skillet over medium-high heat. Fry the steak in the hot skillet for 3 to 4 minutes on each side, or to your desired degree of doneness. Discard the marinade. These steaks taste best at medium rare. Allow them to rest for about 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:18.82999971509%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg 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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 328.55kcal (16.43%), Fat: 21.78g (33.51%), Saturated Fat: 6.78g (42.35%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.02g (0.02%), Cholesterol: 99.79mg (33.26%), Sodium: 306.04mg (13.31%), Alcohol: 1.05g (100%), Alcohol %: 0.79% (100%), Protein: 28.83g (57.67%), Vitamin B12: 7.64µg (127.26%), Zinc: 10.42mg (69.49%), Selenium: 45.39µg (64.84%), Vitamin B6: 0.57mg (28.65%), Phosphorus: 280.88mg (28.09%), Vitamin B3: 5.19mg (25.93%), Iron: 3.65mg (20.3%), Vitamin B2: 0.35mg (20.3%), Vitamin B5: 1.45mg (14.5%), Potassium: 475.61mg (13.59%), Vitamin B1: 0.15mg (10.18%), Copper: 0.19mg (9.35%), Magnesium: 32.79mg (8.2%), Vitamin E: 1.11mg (7.37%), Vitamin K: 5.3µg (5.05%), Manganese: 0.08mg (3.79%), Calcium: 12.5mg (1.25%), Folate: 4.86µg (1.22%)