



## Red Wine-Rosemary Grilled Flank Steak



Gluten Free



Dairy Free

READY IN



254 min.

SERVINGS



4

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 bay leaves
- ☐ 3 cups cooking wine dry red
- ☐ 2 pound flank steak
- ☐ 4 small sprigs rosemary fresh
- ☐ 4 sprigs thyme leaves fresh
- ☐ 4 cloves garlic coarsely chopped
- ☐ 3 tablespoons olive oil
- ☐ 1 small onion coarsely chopped

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4 servings salt and pepper   black freshly ground

## Equipment

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baking pan

☐

grill

## Directions

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Place the wine, rosemary, thyme, bay leaves, onion, garlic and olive oil in a large shallow baking dish and stir to combine.

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Add the steak and turn to coat both sides. Cover and refrigerate at least 4 hours or overnight.

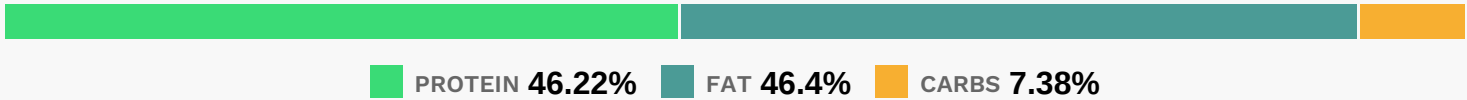
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Heat the grill, remove the meat from the marinade, season both sides with salt and pepper to taste and grill 6 to 7 minutes on each side.

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Let sit 5 minutes and slice against the grain.

## Nutrition Facts



## Properties

Glycemic Index:33.5, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:23.721739286962%

## Flavonoids

Petunidin: 5.98mg, Petunidin: 5.98mg, Petunidin: 5.98mg, Petunidin: 5.98mg Delphinidin: 7.52mg, Delphinidin: 7.52mg, Delphinidin: 7.52mg, Delphinidin: 7.52mg Malvidin: 47.23mg, Malvidin: 47.23mg, Malvidin: 47.23mg, Malvidin: 47.23mg Peonidin: 3.33mg, Peonidin: 3.33mg, Peonidin: 3.33mg, Peonidin: 3.33mg Catechin: 13.86mg, Catechin: 13.86mg, Catechin: 13.86mg, Catechin: 13.86mg Epicatechin: 19.19mg, Epicatechin: 19.19mg, Epicatechin: 19.19mg, Epicatechin: 19.19mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

## Nutrients (% of daily need)

Calories: 567.13kcal (28.36%), Fat: 21.96g (33.78%), Saturated Fat: 6.2g (38.74%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 7.18g (2.61%), Sugar: 0.77g (0.86%), Cholesterol: 136.08mg (45.36%), Sodium: 122mg (5.3%),

Alcohol: 18.9g (100%), Alcohol %: 5.44% (100%), Protein: 49.21g (98.43%), Selenium: 67.42µg (96.32%), Vitamin B6: 1.44mg (71.92%), Vitamin B3: 14.19mg (70.97%), Zinc: 8.78mg (58.54%), Phosphorus: 469.73mg (46.97%), Vitamin B12: 2.06µg (34.4%), Potassium: 825.42mg (23.58%), Iron: 3.91mg (21.73%), Vitamin B2: 0.28mg (16.2%), Vitamin B5: 1.48mg (14.82%), Vitamin E: 2.18mg (14.51%), Magnesium: 55.14mg (13.78%), Vitamin B1: 0.18mg (11.89%), Copper: 0.19mg (9.57%), Vitamin K: 9.33µg (8.88%), Folate: 34.55µg (8.64%), Manganese: 0.14mg (7.07%), Calcium: 65.27mg (6.53%), Vitamin C: 4.07mg (4.94%), Fiber: 0.68g (2.72%), Vitamin A: 81.01IU (1.62%)