



## Roasted Flank Steak with Olive Oil-Herb Rub



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup wine dry red
- ☐ 1.5 pound flank steak trimmed
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon lemon rind grated
- ☐ 0.3 cup less-sodium beef broth fat-free

- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 0.5 teaspoon salt

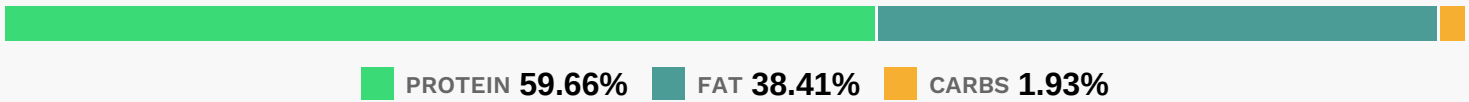
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Preheat oven to 40
- ☐ Combine first 6 ingredients in a small bowl; set aside.
- ☐ Sprinkle salt and pepper over steak.
- ☐ Heat a large ovenproof skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add steak to pan; cook 1 minute on each side or until browned.
- ☐ Add wine and broth; cook 1 minute.
- ☐ Spread herb mixture over steak; place pan in oven.
- ☐ Bake at 400 for 10 minutes or until desired degree of doneness.
- ☐ Let stand 10 minutes before cutting steak diagonally across the grain into thin slices.
- ☐ Serve with pan sauce.
- ☐ Garnish with fresh thyme sprigs, if desired.
- ☐ To serve two, use two (four-ounce) beef tenderloin steaks instead of flank steak, reduce the herbs to 1/2 teaspoon each, and omit the broth. Finish the tenderloin in the oven for two minutes instead of

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:0.08, Inflammation Score:0, Nutrition Score:11.421739071608%

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: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 178.27kcal (8.91%), Fat: 7.03g (10.81%), Saturated Fat: 2.54g (15.9%), Carbohydrates: 0.8g (0.27%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.02g (0.02%), Cholesterol: 68.04mg (22.68%), Sodium: 272.48mg (11.85%), Alcohol: 1.05g (100%), Alcohol %: 0.97% (100%), Protein: 24.57g (49.13%), Selenium: 33.54µg (47.92%), Vitamin B3: 7.09mg (35.44%), Vitamin B6: 0.7mg (34.86%), Zinc: 4.37mg (29.1%), Phosphorus: 230.82mg (23.08%), Vitamin B12: 1.03µg (17.2%), Potassium: 416.24mg (11.89%), Iron: 1.95mg (10.86%), Vitamin B2: 0.13mg (7.91%), Vitamin B5: 0.72mg (7.23%), Magnesium: 26.67mg (6.67%), Vitamin B1: 0.08mg (5.57%), Copper: 0.09mg (4.48%), Vitamin K: 4.65µg (4.43%), Folate: 15.74µg (3.94%), Vitamin E: 0.58mg (3.89%), Calcium: 31.97mg (3.2%), Manganese: 0.05mg (2.72%)