



Rosemary-Garlic Flank Steak with Red Onion-Garlic Marmalade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup wine dry red
- ☐ 1.5 pounds flank steak
- ☐ 4 garlic clove minced
- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon olive oil
- ☐ 6 servings onion red
- ☐ 0.3 teaspoon salt

☐ 1 teaspoon rosemary dried fresh chopped

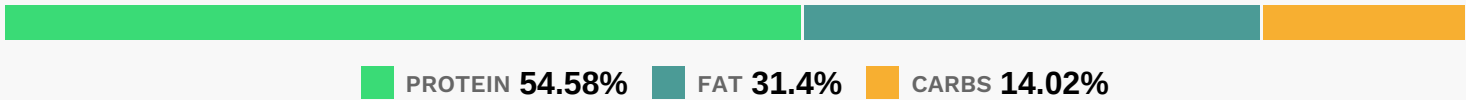
Equipment

- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Trim fat from steak.
- ☐ Combine wine and next 5 ingredients (wine through garlic) in large zip-top plastic bag.
- ☐ Add steak to bag; seal. Marinate in refrigerator 2 hours, turning occasionally.
- ☐ Prepare grill.
- ☐ Remove from bag; discard marinade.
- ☐ Place steak on a grill rack coated with cooking spray; grill 8 minutes on each side or until desired degree of doneness.
- ☐ Place on a platter; cover with foil.
- ☐ Let stand 5 minutes.
- ☐ Cut diagonally across grain into thin slices.
- ☐ Serve with Red Onion-Garlic Marmalade.
- ☐ Garnish with lavender sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.34, Inflammation Score:-4, Nutrition Score:12.571304333761%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin:

1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg

Nutrients (% of daily need)

Calories: 203.3kcal (10.17%), Fat: 6.41g (9.86%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 5.41g (1.97%), Sugar: 2.35g (2.61%), Cholesterol: 68.04mg (22.68%), Sodium: 159.59mg (6.94%), Alcohol: 2.1g (100%), Alcohol %: 1.39% (100%), Protein: 25.07g (50.13%), Selenium: 34.02µg (48.6%), Vitamin B6: 0.78mg (38.88%), Vitamin B3: 7.14mg (35.71%), Zinc: 4.46mg (29.75%), Phosphorus: 248.35mg (24.83%), Vitamin B12: 1.03µg (17.2%), Potassium: 477.41mg (13.64%), Iron: 1.92mg (10.67%), Vitamin B2: 0.15mg (8.7%), Vitamin B5: 0.8mg (7.96%), Magnesium: 31.27mg (7.82%), Vitamin B1: 0.11mg (7.41%), Manganese: 0.14mg (6.93%), Folate: 25.33µg (6.33%), Vitamin C: 4.7mg (5.7%), Copper: 0.11mg (5.63%), Calcium: 41.1mg (4.11%), Fiber: 1.03g (4.11%), Vitamin E: 0.44mg (2.93%), Vitamin K: 2.29µg (2.18%)