



Skewered Flank Steak With Horseradish-Lemon Dipping Sauce

 Gluten Free  Dairy Free  Low Fod Map

READY IN



41 min.

SERVINGS



41

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 lb flank steaks ()
- 41 servings horseradish-lemon dipping sauce
- 0.3 cup juice of lemon fresh
- 2 teaspoons lemon zest
- 0.3 cup olive oil
- 0.3 teaspoon pepper dried red crushed
- 1 teaspoon salt

- 12 inch wooden skewers
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Equipment

- grill
- skewers

Directions

- Combine first 5 ingredients in a large shallow dish or zip-top plastic freezer bag; add steak. Cover and chill 8 hours, turning occasionally.
- Meanwhile, prepare Horseradish-Lemon Dipping Sauce.
- Soak skewers in water to cover 30 minutes.
- Preheat grill to 350 to 400 (medium-high) heat.
- Remove steak from marinade, discarding marinade. Thread 1 steak slice onto each skewer.
- Grill steak, in batches, covered with grill lid, 4 to 5 minutes on each side or to desired degree of doneness.
- Serve with Horseradish-Lemon Dipping Sauce.

Nutrition Facts



Properties

Glycemic Index:0.85, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:4.6352173977572%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 78.96kcal (3.95%), Fat: 4.01g (6.17%), Saturated Fat: 1.17g (7.28%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.51g (0.18%), Sugar: 0.44g (0.49%), Cholesterol: 26.55mg (8.85%), Sodium: 101.43mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.1%), Selenium: 13.2µg (18.86%), Vitamin B3: 2.78mg

(13.89%), Vitamin B6: 0.27mg (13.62%), Zinc: 1.74mg (11.59%), Phosphorus: 91.11mg (9.11%), Vitamin B12: 0.4µg (6.71%), Potassium: 165.16mg (4.72%), Iron: 0.72mg (3.98%), Vitamin B2: 0.05mg (3.09%), Vitamin B5: 0.29mg (2.86%), Magnesium: 11.21mg (2.8%), Vitamin E: 0.39mg (2.59%), Vitamin C: 1.95mg (2.36%), Folate: 8.92µg (2.23%), Vitamin B1: 0.03mg (2.18%), Copper: 0.04mg (1.78%), Vitamin K: 1.67µg (1.59%), Calcium: 12.41mg (1.24%)