



South American Marinated Cedar-Planked Steak

 Gluten Free  Dairy Free

READY IN



286 min.

SERVINGS



6

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinaigrette dressing kraft
- ☐ 1.5 lb beef flank steak
- ☐ 1 untreated cedar plank
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 Tbsp oil

- ☐ 0.5 cup onions finely chopped
- ☐ 1 dash pepper red crushed

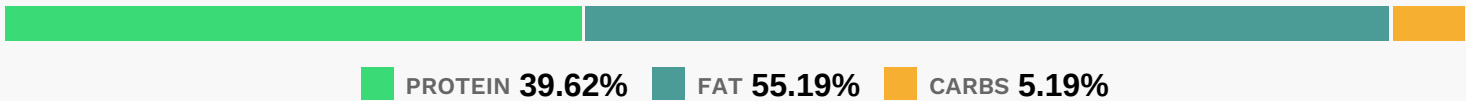
Equipment

- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Immerse plank in water, placing a weight on top of plank to keep it submerged. Soak at least 4 hours or overnight. Meanwhile, mix dressing, onions, parsley, cilantro, garlic and red pepper.
- ☐ Remove 1/2 cup of the dressing mixture; set aside for later use.
- ☐ Pour remaining dressing mixture into large resealable plastic bag; add steak. Seal bag; turn over several times to evenly coat steak with the dressing mixture. Refrigerate at least 2 hours to marinate.
- ☐ Preheat grill to high heat.
- ☐ Remove steak from marinade; discard bag and marinade. Grill steak 3 min. on each side; remove from grill.
- ☐ Remove plank from water; brush top with oil. Top with steak.
- ☐ Place on grate of grill; cover with lid. Reduce grill to medium heat.
- ☐ Grill 15 to 20 min. or until medium doneness (160F).
- ☐ Remove steak from grill; discard plank. Cover steak loosely with foil; let stand 5 min.
- ☐ Cut steak into thin slices. Spoon reserved dressing mixture over steak.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:16.164782752161%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 256.92kcal (12.85%), Fat: 15.28g (23.51%), Saturated Fat: 3.19g (19.95%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.8g (1.02%), Sugar: 1.28g (1.42%), Cholesterol: 68.04mg (22.68%), Sodium: 241.18mg (10.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.68g (49.35%), Vitamin K: 87.18µg (83.03%), Selenium: 33.68µg (48.11%), Vitamin B6: 0.72mg (36.02%), Vitamin B3: 7.16mg (35.79%), Zinc: 4.43mg (29.57%), Phosphorus: 237.73mg (23.77%), Vitamin B12: 1.03µg (17.2%), Potassium: 441.66mg (12.62%), Iron: 2.12mg (11.76%), Vitamin C: 8.13mg (9.85%), Vitamin A: 471.48IU (9.43%), Vitamin B2: 0.14mg (8.31%), Vitamin B5: 0.76mg (7.61%), Magnesium: 29.23mg (7.31%), Folate: 25.32µg (6.33%), Vitamin B1: 0.09mg (6.3%), Vitamin E: 0.8mg (5.34%), Copper: 0.1mg (5%), Calcium: 38.06mg (3.81%), Manganese: 0.06mg (2.88%), Fiber: 0.44g (1.75%)