



The Last 'Stagon (Grilled Flank Steak) with Ying Yang Vegetables

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bell peppers halved seeded sliced
- 2 pounds flank steak
- 2 tablespoons garlic minced
- 2 tablespoons olive oil extra-virgin
- 1 onion halved sliced
- 4 servings salt and pepper black freshly ground
- 4 servings teriyaki sauce for brushing

- 1 tablespoon butter unsalted
- 2 zucchini halved lengthwise cut into half moons

Equipment

- frying pan
- baking sheet
- grill
- grill pan

Directions

- Place the steak on a baking sheet or in a dish and rub with garlic and olive oil.
- Sprinkle all over with salt and pepper.
- Let sit for 10 minutes.
- Preheat a grill or grill pan over high heat.
- Brush the steak with some teriyaki sauce. Grill the steak until medium rare, about 6 minutes on each side.
- Remove the steak from the grill and let sit.
- Heat the olive oil and butter in a large deep skillet over medium-high heat.
- Add the peppers, zucchinis and onions, and saute for 5 minutes, stirring. Season with salt and pepper.
- Slice the steak thinly against the grain.
- Serve with the vegetables.

Nutrition Facts



PROTEIN 46.12% **FAT 44.17%** **CARBS 9.71%**

Properties

Glycemic Index:34, Glycemic Load:2.01, Inflammation Score:-9, Nutrition Score:34.754347452651%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 447.92kcal (22.4%), Fat: 21.72g (33.42%), Saturated Fat: 7.6g (47.51%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 7.94g (2.89%), Sugar: 6.3g (7%), Cholesterol: 143.6mg (47.87%), Sodium: 171.05mg (7.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.03g (102.07%), Vitamin C: 96.99mg (117.56%), Selenium: 67.92µg (97.02%), Vitamin B6: 1.79mg (89.45%), Vitamin B3: 15.22mg (76.11%), Zinc: 9.25mg (61.65%), Phosphorus: 527.47mg (52.75%), Vitamin A: 2147.87IU (42.96%), Potassium: 1215.38mg (34.73%), Vitamin B12: 2.07µg (34.5%), Vitamin B2: 0.42mg (24.55%), Iron: 4.3mg (23.91%), Folate: 85.92µg (21.48%), Magnesium: 79.28mg (19.82%), Manganese: 0.38mg (19.01%), Vitamin B5: 1.88mg (18.82%), Vitamin E: 2.81mg (18.76%), Vitamin B1: 0.26mg (17.38%), Vitamin K: 14.65µg (13.95%), Copper: 0.25mg (12.66%), Fiber: 2.81g (11.23%), Calcium: 82.64mg (8.26%)