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# Flank Steak and Beets \*

A delicious recipe combining flank steak and beets. The steak is marinated and grilled to perfection, while the beets are roasted until tender. The combination of flavors is simply divine.

Recipe Type: Standard Prep Time: 20 mins

Cook Time: 30 mins Total Time: 50 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

# **Ingredients**

500 g	flank steak
500 g	Beets
2 tbsp	olive oil
2 cloves	garlic
1 tsp	salt

1 tsp	black pepper
2 tbsp	balsamic vinegar
2 tbsp	fresh thyme

## **Directions**

#### Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 2

In a bowl, combine olive oil, minced garlic, salt, black pepper, balsamic vinegar, and fresh thyme. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

### Step 3

Place the flank steak in a shallow dish and pour the marinade over it. Let it marinate for at least 30 minutes.

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 4

#### Preheating

Meanwhile, preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

## Step 5

#### Cutting

Peel and slice the beets into thin rounds.

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 6

#### **Baking**

Place the sliced beets on a baking sheet and drizzle with olive oil. Season with salt and pepper.

Prep Time: 5 mins

Cook Time: 25 mins

#### Step 7

### Grilling

Grill the marinated flank steak for about 5-6 minutes per side, or until desired doneness. Let it rest for a few minutes before slicing.

Prep Time: 5 mins

Cook Time: 12 mins

#### Step 8

### Serving

Serve the grilled flank steak with the roasted beets. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

## **Nutrition Facts**

Calories: 300 kcal

**Fat:** 20 g

Protein: 25 g

Carbohydrates: 10 g

# **Nutrition Facts**

## **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

# Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

#### **Fats**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	20 g	71.43%	80%
Cholesterol	60 mg	N/A	N/A

## **Vitamins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	20 mg	250%	111.11%
Potassium	800 mg	23.53%	30.77%
Zinc	20 mg	181.82%	250%
Selenium	30 mcg	54.55%	54.55%

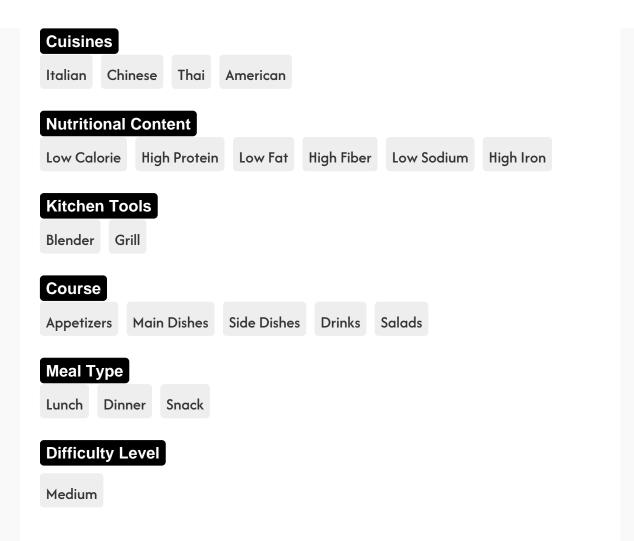
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