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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

<b>1 tsp</b>	black pepper
<b>2 tbsp</b>	balsamic vinegar
<b>2 tbsp</b>	fresh thyme

## Directions

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### Step 1

Grilling

Preheat the grill to medium-high heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### 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

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### 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

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## Step 4

Preheating

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Cutting

Peel and slice the beets into thin rounds.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## 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

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## 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%

## Recipe Attributes

### Events

Christmas

Thanksgiving

Barbecue

## Cuisines

Italian

Chinese

Thai

American

## Nutritional Content

Low Calorie

High Protein

Low Fat

High Fiber

Low Sodium

High Iron

## Kitchen Tools

Blender

Grill

## Course

Appetizers

Main Dishes

Side Dishes

Drinks

Salads

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Medium

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