

Pair your Flank Steak with our wine marinade for a flavorful meal. Use red wine, lime juice, garlic, onion and brown sugar to bring out a delicious flavor.

[illegible]

35 Min



8
Servings



42 Cal



18g
Protein

[illegible]

[illegible]

1 beef Flank Steak (about 1-1/2 to 2 pounds)

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

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1/4 cup chopped onion

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1/4 cup chopped onion

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1/4 cup chopped onion

[illegible]

2 tablespoons brown sugar

[illegible]

[illegible]

[illegible]

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[illegible]

1 tablespoon fresh lime juice

[illegible]

[illegible]

[illegible]

[illegible]

1 tablespoon vegetable oil

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1 tablespoon vegetable oil
1-1/2 teaspoons minced garlic
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COOKING

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	<div>GLUTEN FREE</div>	<div>ALL NATURAL</div>
8		6g	50mg		2g	18g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com