

Flank Steak Marinade

Yield: 6 min
Total Time: 505 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-flank-steak-marinade-recipe>

Ingredients:

- 1 1/2 pounds flank steak fat trimmed
- 3/4 cup olive oil
- 1/2 cup light brown sugar
- 1/2 cup dry red wine
- 1/4 cup soy sauce
- 3 tablespoons onion powder
- 3 tablespoons honey
- 3 whole green onions coarsely chopped
- 4 cloves garlic
- 2 tablespoons vinegar garlic
- 1 1/2 teaspoons ground ginger
- 1 1/2 teaspoons garlic powder

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 40 milligrams
4. Fat: 35 grams
5. Fiber: 1 grams
6. Protein: 25 grams
7. SaturatedFat: 7 grams
8. Sodium: 670 milligrams
9. Sugar: 27 grams

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