

Tender Marinated London Broil

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-london-broil-recipe>

Ingredients:

- 2 pounds steak London broil, AKA top round or flank steak
- 2 tablespoons unsalted butter
- 1 tablespoon olive oil
- 4 large garlic cloves crushed
- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- 1/4 cup dry red wine
- 2 tablespoons Dijon mustard
- 2 tablespoons Worcestershire sauce
- 2 tablespoons soy sauce
- 2 sprigs fresh thyme
- 1 teaspoon red pepper flakes
- 1/2 teaspoon ground black pepper

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 15 milligrams
4. Fat: 24 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 6 grams
8. Sodium: 540 milligrams
9. Sugar: 4 grams

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