

Recipe Analyzer Results

A single serving of this recipe has 255 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 6

Amount per serving

Calories 255

% Daily Value*

Total Fat 10.8g	14%
Saturated Fat 4g	20%
Cholesterol 59mg	20%
Sodium 189mg	8%
Total Carbohydrate 6.7g	2%
Dietary Fiber 1.9g	7%
Total Sugars 2.8g	
Protein 31.9g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 3mg	17%

Ingredients:

- 1 flank steak (about 600 g/20 ozs)
- 60 ml (1/4 cup) balsamic vinegar
- 15 ml (1 tbsp) each sodium reduced soy and Worcestershire sauce
- 2 cloves garlic, grated
- 10 ml (2 tsp) chopped fresh rosemary
- 10 ml (2 tsp) extra virgin olive oil
- 5 ml (1 tsp) Dijon mustard
- 1 pkg (170 g/6 oz) sliced portabella mushrooms
- 1 small red onion, cut into wedges
- 1 zucchini, sliced
- 1 red pepper, quartered
- 750 ml (3 cups) baby spinach

Potassium 750mg

16%

Nutrition Facts

Servings: 6

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

Recipe analyzed by **verywell**