

Balsamic Marinated Flank Steak with Roasted Green Beans

Skip to: [Cooking Instructions & Ingredients](#) | [Print](#) | [Close Window](#)

GF

Dish With

Baked Potatoes

Maximum Order Quantity: 2

Modifications

Dish can be modified for dietary needs:

- **Gluten/Wheat Free:** No Modifications Needed



A balsamic vinaigrette marinade has this flank steak singing "Love Me Tender." Served with a side of roasted green beans and drizzled with extra sauce for a surefire hit.

Nutrition Facts Servings: 6

Flank Steak & Sauce

Amount/Serving	
Calories	330
Fat Cal.	189
Total Fat	21g
Sat. Fat	5g
Trans Fat	0g
Cholest.	60mg
Sodium	610mg
Total Carb	4g
Dietary Fiber	0g
Sugars	3g
Protein	30g
Weight Watchers® Points®	8

Green Beans

Amount/Serving	
Calories	59
Fat Cal.	42
Total Fat	4.5g
Sat. Fat	0.5g
Trans Fat	0g
Cholest.	0mg
Sodium	220mg
Total Carb	4g
Dietary Fiber	2g
Sugars	1g
Protein	1g
Weight Watchers® Points®	1

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At-Home Cooking Directions

BROIL: Preheat broiler on high heat. Place flank steak on a broiler pan and broil, about 4 inches from heat for 8-10 minutes per side or until internal temperature reaches 145°F. Let rest 5 minutes. **GRILL:** Preheat grill on medium-high. Grill steak for 6-8 minutes per side or until internal temperature reaches 145°F. Remove steak from the grill and let rest 5 minutes. **OVEN/BEANS:** Preheat oven to 350°F. Place green beans evenly on a baking sheet and toss to combine. Cook 10 minutes, stir beans and bake an additional 10-15 minutes or until hot. **STOVE TOP/BEANS:** In a sauce pan, bring 2 qts of salted water to a boil. Add green beans, return to a boil and cook 4-6 minutes or until tender. Drain. **TO SERVE:** Slice steak thinly across the grain. Stir contents of sauce container and drizzle over the steak. Serve with the green beans.



Cook Method
Oven



Cook Time
15 minutes



Alternate Cook Method
Grill



Thawing Instructions
Thaw in Fridge

Ingredients*

Beef Flank Steak, Green Beans, Balsamic Vinaigrette (soybean oil, water, vinegar (balsamic, red wine, distilled), honey, olive oil, corn syrup, salt, dehydrated onion, dehydrated garlic, xanthan gum, spices, tarragon, natural flavor, calcium disodium edta used to protect quality), Dijon Mustard (black mustard seeds, water, vinegar, white wine, salt, sulfites), Olive Oil, Pepper, Salt. CONTAINS: SOY

* Items may contain common allergens or come in contact with other allergens that are prepared in this facility. Substitutions may occur. Please contact your local store directly to verify ingredients if you have any specific questions. Nutritional Data is based on 6 servings.