

No Carb London Broil with Spices and Herbs

.1 net carb per serving for 8 servings.



LowCarbeDiem.com

Make the marinade: In a bowl, whisk all ingredients together. Place steaks in a plastic bag or container with the marinade. Refrigerate 3 to 5 hours, minimum. Rotate the bag during this time.

Preheat broiler or grill to medium high. Remove the steaks, then throw away the marinade and bay leaf. Grill or broil the steaks 5 to 7 minutes per side, depending on your desired doneness.

Cut the steaks into thin strips. Slice across the grain, diagonally. Serve warm right away or cold later on.

Serving sizes can vary. Nutrition Facts are for total recipe.

- 24 ozs beef top round
- 2 tbsps extra virgin olive oil
- 1/3 c water
- 3 clove garlic, minced
- 3 tbsps parsley, minced
- 1 tbsp bay leaf, crumbled
- 3 tbsps oregano, chopped
- 1/2 tsp black pepper

Nutrition Facts

Amount Per Serving

Calories 1440 Calories from Fat: 838

% Daily Values*

Total Fat	91g	140%
Saturated Fat	29g	143%
Cholesterol	415mg	138%
Sodium	349mg	15%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	146g	
Vitamin A		12%
Vitamin C		25%
Calcium		4%
Iron		79%

* Percent Daily Values are based on a 2000 calorie diet.