

# No Carb London Broil with Spices and Herbs

.1 net carb per serving for 8 servings.



- 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



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.

## Nutrition Facts

Amount Per Serving	
<b>Calories</b>	1440
	Calories from Fat: 838
% Daily Values*	
<b>Total Fat</b>	91g 140%
Saturated Fat	29g 143%
<b>Cholesterol</b>	415mg 138%
<b>Sodium</b>	349mg 15%
<b>Total Carbohydrates</b>	1g 0%
Dietary Fiber	trace 1%
<b>Protein</b>	146g
<b>Vitamin A</b>	12%
<b>Vitamin C</b>	25%
<b>Calcium</b>	4%
<b>Iron</b>	79%

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