



Achiote Flank Steak with Apple and Jicama Slaw



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons achiote seeds (achiote)
- ☐ 0.5 cup cilantro leaves
- ☐ 8 corn tortillas
- ☐ 1.3 lbs flank steak
- ☐ 4 garlic clove minced
- ☐ 1 large apples i use 2 granny smith apples thinly sliced
- ☐ 12 ounces jicama peeled cut into matchsticks

- ☐ 6 tablespoons juice of lime divided
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 teaspoon paprika smoked sweet spanish
- ☐ 0.5 teaspoon pepper divided
- ☐ 0.5 teaspoon salt divided
- ☐ 3 tablespoons vegetable oil divided

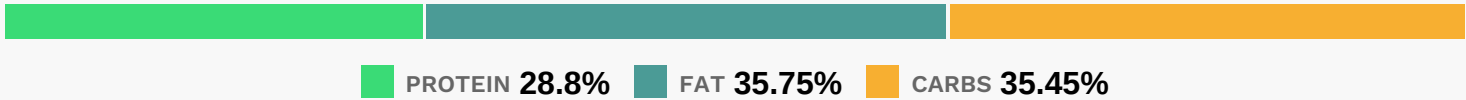
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat a grill to high (450 to 550).
- ☐ Mix annatto, oregano, paprika, garlic, and 1/4 tsp. each salt and pepper. Rub 1 1/2 tbsp. oil and 2 tbsp. lime juice over steak and sprinkle both sides with spice mixture.
- ☐ Grill steak, turning once halfway through, 4 minutes total for medium.
- ☐ Let rest 10 minutes. Warm tortillas on the grill, about 45 seconds each, and wrap in foil to keep warm.
- ☐ Combine jicama, apple, cilantro, and remaining 1/4 tsp. each salt and pepper, 1 1/2 tbsp. oil, and 1/4 cup lime juice in a bowl. Slice steak crosswise.
- ☐ Serve slaw and steak with tortillas.
- ☐ *Find at well-stocked grocery stores; annatto is also at Latino markets.

Nutrition Facts



Properties

Glycemic Index:52.88, Glycemic Load:12.94, Inflammation Score:-9, Nutrition Score:25.331304384314%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 474.94kcal (23.75%), Fat: 19.11g (29.4%), Saturated Fat: 4.8g (30.02%), Carbohydrates: 42.64g (14.21%), Net Carbohydrates: 32.88g (11.96%), Sugar: 8.32g (9.24%), Cholesterol: 85.05mg (28.35%), Sodium: 395.75mg (17.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.63g (69.27%), Selenium: 46.15µg (65.93%), Vitamin B6: 1.1mg (55.16%), Vitamin B3: 10.01mg (50.07%), Phosphorus: 483.57mg (48.36%), Zinc: 6.39mg (42.6%), Fiber: 9.76g (39.04%), Vitamin K: 36.91µg (35.15%), Vitamin C: 28mg (33.94%), Potassium: 846.61mg (24.19%), Iron: 4.1mg (22.78%), Magnesium: 89.39mg (22.35%), Vitamin B12: 1.29µg (21.5%), Manganese: 0.42mg (21.07%), Vitamin E: 2.36mg (15.74%), Vitamin B2: 0.26mg (15.24%), Copper: 0.27mg (13.7%), Vitamin B1: 0.19mg (12.97%), Vitamin B5: 1.18mg (11.83%), Calcium: 117.75mg (11.78%), Folate: 39.74µg (9.93%), Vitamin A: 464.39IU (9.29%)