



Adobo Flank Steak with Summer Corn-and-Tomato Relish

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon peppercorns black
- 2 teaspoons brown sugar
- 7 ounce chipotle chiles in adobo sauce canned
- 1 teaspoon cumin seeds
- 1.3 pound flank steak trimmed
- 2 cups corn kernels fresh (4 ears)
- 1 tablespoon thyme leaves fresh

- 1 garlic clove peeled
- 0.8 teaspoon kosher salt
- 1 tablespoon olive oil extra-virgin
- 0.3 cup bottled roasted bell peppers red chopped
- 2 tablespoons sherry vinegar
- 1 cup tomatoes seeded chopped

Equipment

- frying pan
- blender
- grill
- broiler
- ziploc bags
- broiler pan

Directions

- To prepare steak, cook the first 3 ingredients in a small nonstick skillet over medium heat for 45 seconds or until toasted.
- Place the peppercorn mixture in a spice or coffee grinder; process until finely ground.
- Remove 1 chile from can; reserve remaining chiles and sauce for another use.
- Place peppercorn mixture, chile, 2 tablespoons vinegar, and the next 4 ingredients (vinegar through garlic) in a blender; process until smooth, scraping sides occasionally.
- Combine vinegar mixture and steak in a large zip-top plastic bag; seal and marinate in refrigerator 24 hours.
- Remove from bag; discard marinade.
- Prepare grill or broiler.
- Place steak on grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side or until desired degree of doneness.
- Cut steak diagonally across the grain into thin slices.

- To prepare the relish, heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add corn; saut 5 minutes or until lightly browned.
- Remove from heat; stir in tomato and remaining ingredients except thyme leaves.
- Garnish with thyme, if desired.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.54, Inflammation Score:-9, Nutrition Score:17.440434953441%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 276.31kcal (13.82%), Fat: 9.48g (14.58%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 15.72g (5.72%), Sugar: 8.63g (9.59%), Cholesterol: 68.04mg (22.68%), Sodium: 517.4mg (22.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.8g (53.6%), Selenium: 33.99µg (48.56%), Vitamin B3: 8.36mg (41.82%), Vitamin B6: 0.79mg (39.68%), Zinc: 4.74mg (31.59%), Phosphorus: 295.57mg (29.56%), Fiber: 6.04g (24.18%), Iron: 3.8mg (21.11%), Potassium: 658.48mg (18.81%), Vitamin B12: 1.03µg (17.2%), Vitamin C: 13.77mg (16.69%), Manganese: 0.32mg (15.83%), Magnesium: 56.21mg (14.05%), Vitamin B1: 0.19mg (12.64%), Vitamin B5: 1.18mg (11.83%), Folate: 45.55µg (11.39%), Vitamin B2: 0.18mg (10.6%), Vitamin A: 471.54IU (9.43%), Copper: 0.17mg (8.36%), Vitamin K: 7.05µg (6.71%), Vitamin E: 0.96mg (6.38%), Calcium: 47.13mg (4.71%)