



WHATSheATE



Adobo Flank Steak with Summer Corn-and-Tomato Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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

Equipment

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

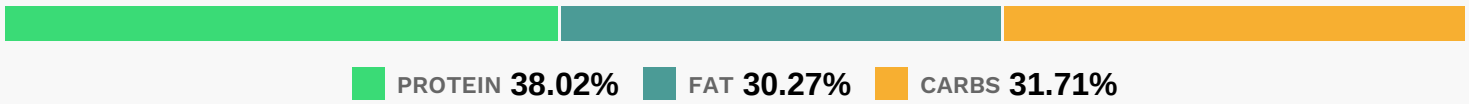
Directions

- ☐ 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.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.54, Inflammation Score:0, Nutrition Score:17.641738995262%

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: 280.55kcal (14.03%), Fat: 9.53g (14.66%), Saturated Fat: 2.98g (18.6%), Carbohydrates: 22.45g (7.48%), Net Carbohydrates: 16.33g (5.94%), Sugar: 8.86g (9.84%), Cholesterol: 68.04mg (22.68%), Sodium: 867.24mg (37.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.92g (53.84%), Selenium: 34.01µg (48.59%), Vitamin B3: 8.43mg (42.14%), Vitamin B6: 0.8mg (39.85%), Zinc: 4.76mg (31.72%), Phosphorus: 299.25mg (29.93%), Fiber: 6.12g (24.46%), Iron: 3.85mg (21.38%), Potassium: 670.61mg (19.16%), Vitamin B12: 1.03µg (17.2%), Vitamin C: 14.05mg (17.03%), Manganese: 0.33mg (16.3%), Magnesium: 57.79mg (14.45%), Vitamin B1: 0.2mg (13.02%), Vitamin B5: 1.21mg (12.09%), Folate: 47.06µg (11.76%), Vitamin B2: 0.18mg (10.72%), Vitamin A: 478.27IU (9.57%), Copper: 0.17mg (8.5%), Vitamin K: 7.06µg (6.72%), Vitamin E: 0.96mg (6.39%), Calcium: 47.78mg (4.78%)