

health-score 86%

HEALTH SCORE

Adobo Grilled Veal Flank Steak



Gluten Free



Dairy Free



Very Healthy

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READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

382 kcal

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LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch chile flakes
- ☐ 24 ounces veal flank steak
- ☐ 0.5 ounce garlic chopped
- ☐ 5 juice of lime juiced
- ☐ 10 juice of orange juiced
- ☐ 0.5 cup olive oil
- ☐ 1 ounce oregano fresh

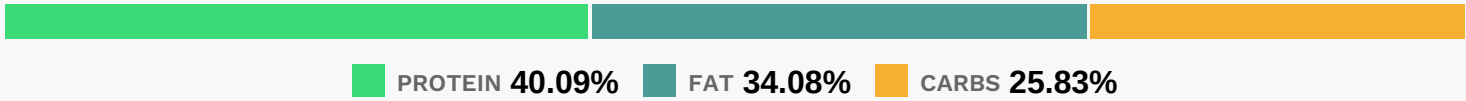
Equipment

- ☐ mixing bowl
- ☐ grill

Directions

- ☐ Combine juices, garlic, chile flakes, oregano, and oil in a mixing bowl.
- ☐ Pour over veal and marinate.
- ☐ Heat grill to medium and grill steak to desired temperature.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:8.38, Inflammation Score:-10, Nutrition Score:30.340869281603%

Flavonoids

Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 21.29mg, Hesperetin: 21.29mg, Hesperetin: 21.29mg, Hesperetin: 21.29mg Naringenin: 3.35mg, Naringenin: 3.35mg, Naringenin: 3.35mg, Naringenin: 3.35mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 381.78kcal (19.09%), Fat: 14.56g (22.39%), Saturated Fat: 4.43g (27.66%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 21.28g (7.74%), Sugar: 13.56g (15.07%), Cholesterol: 102.06mg (34.02%), Sodium: 95.29mg (4.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.53g (77.05%), Vitamin C: 87.52mg (106.08%), Selenium: 51.19µg (73.13%), Vitamin B6: 1.22mg (61.09%), Vitamin B3: 11.6mg (58.01%), Vitamin K: 49.82µg (47.44%), Zinc: 6.85mg (45.68%), Phosphorus: 390.33mg (39.03%), Iron: 5.66mg (31.42%), Potassium: 1027.96mg (29.37%), Vitamin B12: 1.55µg (25.8%), Manganese: 0.46mg (22.99%), Folate: 87.77µg (21.94%), Magnesium: 76.98mg (19.25%), Vitamin B1: 0.29mg (19.1%), Vitamin E: 2.72mg (18.13%), Calcium: 177.21mg (17.72%), Vitamin B2: 0.29mg (16.93%), Vitamin B5: 1.49mg (14.89%), Fiber: 3.55g (14.18%), Copper: 0.26mg (12.8%), Vitamin A: 447.04IU (8.94%)