



Ancho Chili-Rubbed Flank Steak



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



84 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ancho chili powder
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 flank steak
- ☐ 2 cloves garlic chopped
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon onion powder
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

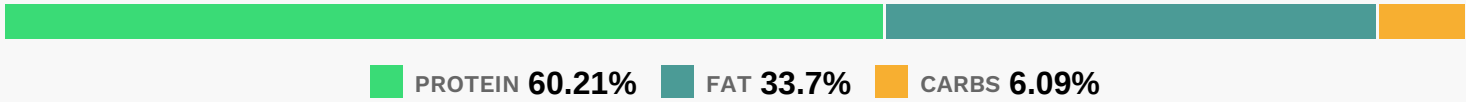
Equipment

- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ broiler
- ☐ cutting board

Directions

- ☐ Preheat broiler or prepare a medium-hot charcoal fire. In a small bowl, combine chili powder, garlic, cinnamon, cumin, onion powder, salt and pepper. Stir to combine and set aside.
- ☐ Arrange steaks on a work surface. Using a sharp knife, make several small shallow incisions along surface of each steak, cutting against the grain. Rub chili mixture into both sides of steaks.
- ☐ Broil or grill steaks about 6 inches from heat source for 4 to 5 minutes per side (for medium-rare).
- ☐ Remove steaks to a cutting board and let stand for 5 minutes.
- ☐ Cut into thin slices, working against the grain.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:6.6230434866055%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 84.38kcal (4.22%), Fat: 3.09g (4.75%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.11g (0.12%), Cholesterol: 33.9mg (11.3%), Sodium: 192.86mg (8.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.83%), Selenium: 17.05µg (24.35%), Vitamin B6:

0.38mg (18.82%), Vitamin B3: 3.66mg (18.32%), Zinc: 2.25mg (15.01%), Phosphorus: 121.72mg (12.17%), Vitamin B12: 0.51µg (8.57%), Iron: 1.41mg (7.83%), Potassium: 227.71mg (6.51%), Vitamin A: 303.44IU (6.07%), Vitamin B2: 0.08mg (4.54%), Magnesium: 16.37mg (4.09%), Vitamin E: 0.57mg (3.77%), Manganese: 0.07mg (3.75%), Vitamin B5: 0.37mg (3.72%), Vitamin B1: 0.05mg (3.27%), Copper: 0.06mg (3.02%), Calcium: 23.13mg (2.31%), Fiber: 0.5g (2.01%), Folate: 7.87µg (1.97%), Vitamin K: 1.91µg (1.82%)