



Ancho-Rubbed Flank Steak



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 teaspoon brown sugar



1 pound flank steak trimmed



0.5 teaspoon ground ancho chile powder



0.3 teaspoon ground cumin



0.5 teaspoon kosher salt



2 teaspoons olive oil



1 Dash pepper black freshly ground

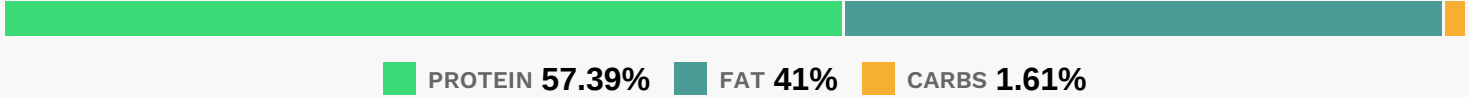
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a small bowl; rub evenly over both sides of steak.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add steak; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes; cut steak diagonally across grain into thin slices.
- ☐ Combine 1 tablespoon cider vinegar, 1 teaspoon Dijon mustard, 1/4 teaspoon salt, and 1/4 teaspoon freshly ground black pepper in a large bowl; stir well with a whisk. Gradually add 2 tablespoons olive oil to vinegar mixture, stirring constantly with a whisk.
- ☐ Add 6 cups arugula and 1 cup halved cherry tomatoes to dressing in bowl; toss well to coat.
- ☐ Sprinkle 2 cooked and crumbled bacon slices evenly over salad.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:11.198695698915%

Nutrients (% of daily need)

Calories: 176.17kcal (8.81%), Fat: 7.73g (11.9%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.51g (0.56%), Cholesterol: 68.04mg (22.68%), Sodium: 355.28mg (15.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.36g (48.72%), Selenium: 33.52µg (47.88%), Vitamin B3: 7.1mg (35.48%), Vitamin B6: 0.69mg (34.61%), Zinc: 4.36mg (29.07%), Phosphorus: 230.5mg (23.05%), Vitamin B12: 1.03µg (17.2%), Potassium: 394.87mg (11.28%), Iron: 1.89mg (10.51%), Vitamin B2: 0.13mg (7.84%), Vitamin B5: 0.72mg (7.18%), Magnesium: 25.87mg (6.47%), Vitamin B1: 0.08mg (5.54%), Vitamin E: 0.72mg (4.78%), Copper: 0.09mg (4.36%), Folate: 14.83µg (3.71%), Vitamin K: 2.88µg (2.74%), Calcium: 26.53mg (2.65%), Vitamin A: 75.85IU (1.52%), Manganese: 0.03mg (1.26%)