



 **60%**
HEALTH SCORE

Beer-Marinated Flank Steak with Aji and Guacamole

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings kosher salt
- 12 ounce beer dark
- 2.7 pound flank steak
- 2.8 cups spring onion thinly sliced (6)
- 2 teaspoons ground cumin
- 0.3 cup olive oil extra virgin extra-virgin
- 1 tablespoon oregano dried

0.5 cup worcestershire sauce

Equipment

knife

grill

glass baking pan

Directions

Using sharp knife, lightly score flanksteaks about 1/8 inch deep on both sides in a crisscross pattern at 1/2-inch intervals.

Place steaks in 13x9x2-inch glass baking dish.

Sprinkle steaks on both sides with oregano and cumin and generous amount of coarse salt and freshly ground pepper.

Drizzle olive oil over both sides of steaks, rubbing oil and spices into meat.

Add green onions, beer, and Worcestershire sauce, turning steaks several times to coat both sides. Cover and chill at least 3 hours, turning occasionally. DO AHEAD: Can be made 1 day ahead. Keep chilled.

Prepare barbecue (medium-high heat).

Brush grill rack lightly with oil. Grill steaks to desired doneness, 3 to 4 minutes total per side for medium-rare, turning steaks 1/4 turn after 1 1/2 minutes to form crisscross grill marks, if desired.

Transfer steaks to cutting board; let rest 5 minutes. Thinly slice steaks across grain.

Transfer to platter and serve with Aji Sauce and Colombian Guacamole.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:1.53, Inflammation Score:-9, Nutrition Score:28.852608763653%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 417.15kcal (20.86%), Fat: 19.35g (29.77%), Saturated Fat: 5.46g (34.13%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 9.03g (3.28%), Sugar: 3.41g (3.79%), Cholesterol: 120.96mg (40.32%), Sodium: 609.66mg (26.51%), Alcohol: 2.21g (100%), Alcohol %: 0.83% (100%), Protein: 44.5g (88.99%), Vitamin K: 108.16µg (103.01%), Selenium: 60.27µg (86.1%), Vitamin B3: 13.31mg (66.57%), Vitamin B6: 1.29mg (64.26%), Zinc: 8mg (53.36%), Phosphorus: 450.43mg (45.04%), Iron: 5.81mg (32.28%), Vitamin B12: 1.85µg (30.76%), Potassium: 1035.14mg (29.58%), Vitamin B2: 0.32mg (18.77%), Magnesium: 64.59mg (16.15%), Folate: 62.82µg (15.7%), Vitamin E: 2.33mg (15.5%), Vitamin C: 11.67mg (14.14%), Vitamin B5: 1.34mg (13.35%), Vitamin B1: 0.19mg (12.99%), Copper: 0.25mg (12.25%), Calcium: 121.85mg (12.18%), Vitamin A: 497.7IU (9.95%), Manganese: 0.16mg (8.22%), Fiber: 1.62g (6.46%)