



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

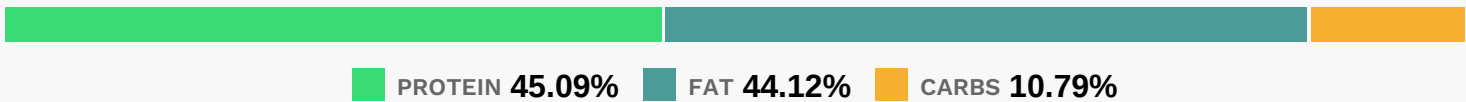
Equipment

- ☐ knife
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Using sharp knife, lightly score flanksteaks about 1/8 inch deep on both sides in acrisscross pattern at 1/2-inch intervals.
- ☐ Placesteaks in 13x9x2-inch glass baking dish.
- ☐ Sprinkle steaks on both sides with oreganoand cumin and generous amount of coarsesalt and freshly ground pepper.
- ☐ Drizzle oliveoil over both sides of steaks, rubbing oil andspices into meat.
- ☐ Add green onions, beer,and Worcestershire sauce, turning steaksseveral times to coat both sides. Cover andchill 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 steaksto desired doneness, 3 to 4 minutes totalper side for medium-rare, turning steaks 1/4turn after 1 1/2 minutes to form crisscross grillmarks, if desired.
- ☐ Transfer steaks to cuttingboard; let rest 5 minutes. Thinly slice steaksacross grain.
- ☐ Transfer to platter and servewith 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, 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%)