



Broiled Flank Steak with Warm Tomato Topping



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 cups cherry tomatoes halved
- ☐ 1 pound flank steak trimmed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.3 teaspoons ground cumin divided
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon jalapeno minced seeded

- ☐ 1 teaspoon olive oil
- ☐ 0.8 teaspoon salt divided

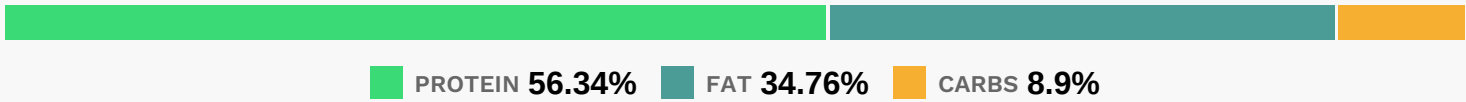
Equipment

- ☐ frying pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine 1 teaspoon cumin, 1/2 teaspoon salt, and red pepper; sprinkle evenly over steak.
- ☐ Place steak on a broiler pan coated with cooking spray; broil 10 minutes or until desired degree of doneness, turning once.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add garlic and jalapeo to pan; cook 1 minute.
- ☐ Add remaining 1/4 teaspoon cumin, remaining 1/4 teaspoon salt, and tomatoes to pan; cook 3 minutes or until tomatoes begin to soften.
- ☐ Remove from heat; stir in cilantro.
- ☐ Serve tomato topping with steak.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:14.987391274908%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 183.33kcal (9.17%), Fat: 6.93g (10.66%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 3.23g (1.17%), Sugar: 2.05g (2.28%), Cholesterol: 68.04mg (22.68%), Sodium: 506.2mg (22.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.26g (50.53%), Selenium: 34.07µg (48.67%), Vitamin B6: 0.78mg (39.09%), Vitamin B3: 7.56mg (37.8%), Zinc: 4.5mg (30.03%), Vitamin C: 22.19mg (26.9%), Phosphorus: 256.59mg (25.66%), Vitamin B12: 1.03µg (17.2%), Potassium: 581.15mg (16.6%), Iron: 2.73mg (15.17%), Vitamin A: 506.27IU (10.13%), Vitamin B2: 0.16mg (9.12%), Magnesium: 35.18mg (8.8%), Vitamin B5: 0.84mg (8.35%), Vitamin B1: 0.12mg (7.82%), Copper: 0.15mg (7.62%), Vitamin K: 7.95µg (7.57%), Vitamin E: 1.09mg (7.27%), Manganese: 0.14mg (7.14%), Folate: 26.23µg (6.56%), Calcium: 41.58mg (4.16%), Fiber: 0.76g (3.05%)