



Cajun Flank Steak

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 1 teaspoon chili powder
- 1 pound flank steak trimmed
- 1 tablespoon garlic powder
- 0.3 teaspoon ground pepper red
- 1 tablespoon onion powder
- 2 teaspoons paprika
- 0.8 teaspoon salt

2 teaspoons sugar

Equipment

bowl

grill pan

Directions

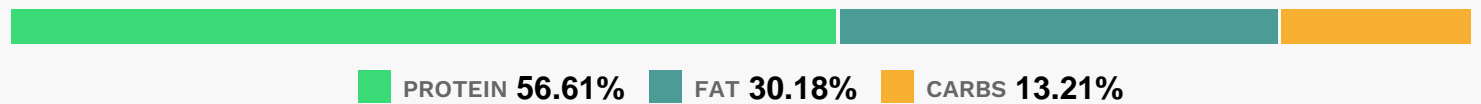
Combine first 8 ingredients in small bowl. Rub spice mixture over both sides of steak.

Heat a large nonstick grill pan coated with cooking spray over medium-high heat.

Add steak, and cook 5 minutes on each side.

Cut steak diagonally across grain into thin slices.

Nutrition Facts



Properties

Glycemic Index:38.52, Glycemic Load:1.53, Inflammation Score:-6, Nutrition Score:13.097391188145%

Nutrients (% of daily need)

Calories: 180.9kcal (9.04%), Fat: 5.94g (9.14%), Saturated Fat: 2.4g (15.01%), Carbohydrates: 5.85g (1.95%), Net Carbohydrates: 4.78g (1.74%), Sugar: 2.31g (2.57%), Cholesterol: 68.04mg (22.68%), Sodium: 507.59mg (22.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.06g (50.13%), Selenium: 34.38µg (49.12%), Vitamin B6: 0.77mg (38.37%), Vitamin B3: 7.26mg (36.28%), Zinc: 4.55mg (30.31%), Phosphorus: 248.38mg (24.84%), Vitamin B12: 1.03µg (17.2%), Vitamin A: 694.17IU (13.88%), Potassium: 466.3mg (13.32%), Iron: 2.26mg (12.58%), Vitamin B2: 0.15mg (9.04%), Magnesium: 31.62mg (7.9%), Vitamin B5: 0.78mg (7.75%), Vitamin B1: 0.1mg (6.9%), Copper: 0.12mg (6.01%), Vitamin E: 0.87mg (5.79%), Manganese: 0.11mg (5.74%), Folate: 17.61µg (4.4%), Fiber: 1.07g (4.26%), Calcium: 37.64mg (3.76%), Vitamin K: 3.28µg (3.13%)