



Carne Asada

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



8

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 cups beer light such as dos equis
- 1 teaspoon pepper black as needed freshly ground plus more
- 2 tablespoons t brown sugar dark packed
- 2 pounds flank steak
- 4 medium garlic clove crushed
- 0.3 cup juice of lemon freshly squeezed (from 1 medium lemon)
- 0.3 cup juice of lime freshly squeezed (from 2 medium limes)
- 1 medium onion red coarsely chopped

8 servings salt

Equipment

bowl

sauce pan

sieve

grill

Directions

- Combine 2 cups of the beer, the lime juice, lemon juice, garlic, onion, and measured pepper in a large, nonreactive bowl and mix.
- Add the flank steak, cover, place in the refrigerator, and marinate at least 30 minutes or overnight. When ready to cook the meat, heat a grill to high (about 500°F).
- Remove the meat from the marinade (reserving the marinade juices), pat it dry, and season well with salt.
- Transfer the marinade to a medium saucepan, add the remaining 1/2 cup beer, and place over medium-high heat. Bring to a boil, skim off any foam or impurities that come to the surface, and let the mixture reduce by half, about 20 minutes. Strain through a fine-mesh strainer into a heatproof bowl, mix in the brown sugar, and season well with salt and pepper.
- Place the meat on the grill and cook to medium, about 7 to 10 minutes per side.
- Remove from the grill and let rest for 5 to 10 minutes. If serving as a main, slice the steak against the grain into 1-inch strips; if serving as a filling for tacos or burritos, coarsely chop.
- Place in a serving dish and cover with the reduced marinade juices. Beverage pairing: Sol Cerveza, Mexico. A great Mexican meat dish calls for nothing more complicated or intense than a good, clean Mexican lager. Drip some lime into the beer to bring out its bright, citrus tang and it will make a thirst-quenching and mouth-refreshing gulp after each bite of steak.

Nutrition Facts

PROTEIN 53.69% **FAT 27.68%** **CARBS 18.63%**

Properties

Glycemic Index:16.19, Glycemic Load:1.51, Inflammation Score:-4, Nutrition Score:12.415652124454%

Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 210.4kcal (10.52%), Fat: 5.72g (8.8%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 8.28g (3.01%), Sugar: 3.83g (4.26%), Cholesterol: 68.04mg (22.68%), Sodium: 258.76mg (11.25%), Alcohol: 2.88g (100%), Alcohol %: 1.65% (100%), Protein: 24.98g (49.95%), Selenium: 34.24µg (48.92%), Vitamin B6: 0.76mg (38.17%), Vitamin B3: 7.49mg (37.45%), Zinc: 4.41mg (29.37%), Phosphorus: 247.86mg (24.79%), Vitamin B12: 1.05µg (17.44%), Potassium: 456.74mg (13.05%), Iron: 1.88mg (10.42%), Vitamin B2: 0.16mg (9.23%), Magnesium: 32.89mg (8.22%), Vitamin C: 6.71mg (8.13%), Vitamin B5: 0.8mg (7.97%), Vitamin B1: 0.1mg (6.58%), Folate: 24.18µg (6.04%), Copper: 0.1mg (5.22%), Manganese: 0.1mg (4.89%), Calcium: 37.87mg (3.79%), Vitamin E: 0.36mg (2.42%), Vitamin K: 1.9µg (1.81%), Fiber: 0.38g (1.53%)