



Carne Asada



Gluten Free



Dairy Free



Popular

READY IN



80 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 0.5 teaspoon cumin toasted
- ☐ 1 lb flank steak
- ☐ 3 cloves garlic finely chopped
- ☐ 0.5 jalapeño diced finely
- ☐ 2 tablespoons juice of lime (- 1 lime)
- ☐ 2 tablespoons oil
- ☐ 0.3 cup orange juice (- 1 orange)

- ☐ 0.5 teaspoon oregano
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

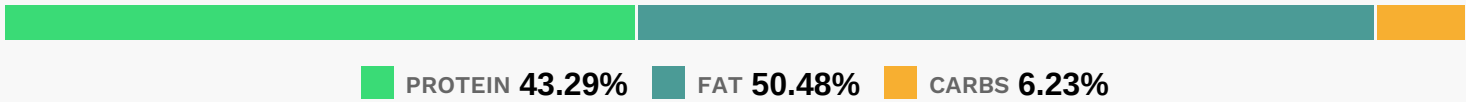
Equipment

- ☐ grill

Directions

- ☐ Marinate the steak in the mixture of the remaining ingredients for 1–8 hours.Grill the steak over medium–high heat, about 2–4 minutes per side for medium–rare, remove from heat and let rest for 5 minutes before slicing it thinly across the grain.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:13.296956492507%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 2.53mg, Hesperetin: 2.53mg, Hesperetin: 2.53mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 232.22kcal (11.61%), Fat: 12.8g (19.69%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 3.19g (1.16%), Sugar: 1.54g (1.71%), Cholesterol: 68.04mg (22.68%), Sodium: 352.15mg (15.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.7g (49.39%), Selenium: 33.84µg (48.34%), Vitamin B6: 0.74mg (36.75%), Vitamin B3: 7.2mg (36%), Zinc: 4.41mg (29.39%), Phosphorus: 238.76mg (23.88%), Vitamin B12: 1.03µg (17.2%), Vitamin C: 12.86mg (15.58%), Potassium: 451.87mg (12.91%), Iron: 2.11mg (11.75%), Vitamin E: 1.7mg (11.35%), Vitamin K: 9.37µg (8.93%), Vitamin B2: 0.14mg (8.4%), Vitamin B5: 0.78mg (7.79%), Magnesium: 30.15mg (7.54%), Vitamin B1: 0.11mg (7.01%), Manganese: 0.11mg (5.48%), Folate: 21.47µg (5.37%), Copper: 0.11mg (5.35%), Calcium: 38.59mg (3.86%), Vitamin A: 76.11IU (1.52%), Fiber: 0.36g (1.43%)