



## Cheese-Stuffed Flank Steak

READY IN



45 min.

SERVINGS



4

CALORIES



1013 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 pound flank steak
- ☐ 8 8-inch flour tortillas ()
- ☐ 1 teaspoon ground cumin
- ☐ 8 ounce monterrey jack cheese with peppers, cut into 8 lengthwise slices
- ☐ 8 ounce balsamic vinaigrette salad dressing

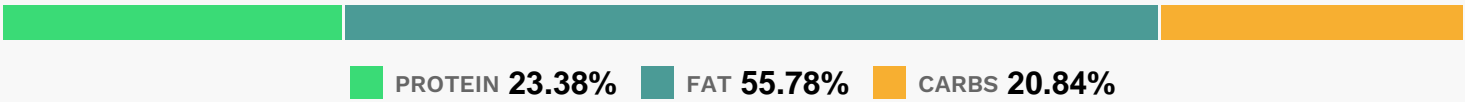
### Equipment

- ☐ grill
- ☐ ziploc bags

# Directions

- ☐ Slice a pocket horizontally in steak, cutting to within 1/2 inch of but not through opposite side and ends.
- ☐ Stir together vinaigrette and cumin in a shallow dish or heavy-duty zip-top plastic bag; add steak. Cover or seal, and chill 3 hours, turning occasionally.
- ☐ Remove steak from marinade, discarding marinade.
- ☐ Place cheese slices in steak pocket. Secure with wooden picks.
- ☐ Grill steak, covered with grill lid, over medium-high heat (350 to 400°F)
- ☐ to 10 minutes on each side or until done.
- ☐ Let stand 5 minutes; remove wooden picks, and cut diagonally into thin slices.
- ☐ Grill flour tortillas, without grill lid, 1 to 2 minutes on each side or until warm.
- ☐ Serve with steak.

# Nutrition Facts



# Properties

Glycemic Index:16.5, Glycemic Load:16.03, Inflammation Score:-7, Nutrition Score:36.028260823987%

# Nutrients (% of daily need)

Calories: 1013.09kcal (50.65%), Fat: 62.35g (95.93%), Saturated Fat: 22.5g (140.64%), Carbohydrates: 52.41g (17.47%), Net Carbohydrates: 48.79g (17.74%), Sugar: 5.5g (6.11%), Cholesterol: 152.52mg (50.84%), Sodium: 1182.47mg (51.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.8g (117.59%), Selenium: 82.08µg (117.26%), Phosphorus: 807.96mg (80.8%), Vitamin B3: 15.18mg (75.88%), Vitamin K: 66.85µg (63.67%), Calcium: 612.27mg (61.23%), Zinc: 8.78mg (58.54%), Vitamin B6: 1.14mg (56.81%), Vitamin B1: 0.65mg (43.14%), Vitamin B2: 0.71mg (41.53%), Iron: 7.06mg (39.23%), Vitamin B12: 2.02µg (33.64%), Folate: 128.25µg (32.06%), Manganese: 0.55mg (27.27%), Potassium: 766.93mg (21.91%), Vitamin E: 3.27mg (21.81%), Magnesium: 77mg (19.25%), Fiber: 3.62g (14.49%), Vitamin B5: 1.36mg (13.58%), Copper: 0.25mg (12.64%), Vitamin A: 442.37IU (8.85%), Vitamin D: 0.34µg (2.27%)