



Chevre and Mango Steak Bites

 Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 servings pepper black freshly ground
- ☐ 1.5 lbs flank steak
- ☐ 4 oz goat cheese fresh packed
- ☐ 30 servings kosher salt
- ☐ 15 mango pieces dried cut into 1/4- by 1-in. slivers
- ☐ 2 tbsp milk
- ☐ 30 mint leaves
- ☐ 1 tablespoon olive oil

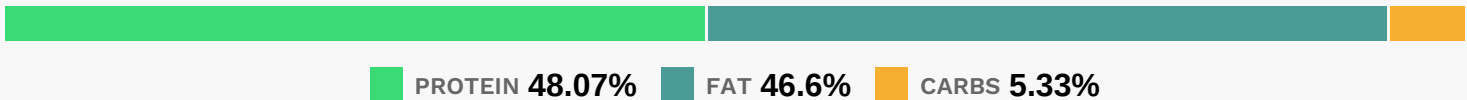
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ knife
- ☐ grill

Directions

- ☐ Trim fat from steak. Rinse meat, pat dry, rub with oil, and sprinkle liberally with salt and pepper.
- ☐ Lay steak on an oiled cooking grate over a solid bed of very hot coals or highest gas heat (you can hold your hand 1 to 2 in. above grate for only 1 to 2 seconds); cover gas grill. Cook until firm when pressed on thin end but still quite pink inside (cut to check), 8 to 10 minutes; turn over halfway through.
- ☐ Transfer steak to a plate; let cool at least 30 minutes. About 45 minutes before slicing, put steak in the freezer (it will be easier to slice thinly).
- ☐ On a board with a very sharp knife, cut steak across the grain, straight up and down and as thinly and evenly as possible, to make 30 to 34 slices; save narrow and uneven ends just to eat. If wet, blot with paper towels.
- ☐ Measure accumulated meat juices and add enough milk to make 2 tbsp.; pour into a bowl. Crumble cheese into bowl and mash with a fork into a smooth paste.
- ☐ Working with 1 steak strip at a time, lay strip on a flat side.
- ☐ Spread strip with about 3/4 tsp. cheese mixture, then lay 1 mint leaf and 1 mango piece at end of strip and roll to enclose.
- ☐ Let stand at room temperature at least 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.8217391067225%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 48.3kcal (2.42%), Fat: 2.44g (3.76%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 0.63g (0.21%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.35g (0.38%), Cholesterol: 15.47mg (5.16%), Sodium: 220.44mg (9.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Selenium: 6.82µg (9.74%), Vitamin B6: 0.15mg (7.44%), Vitamin B3: 1.45mg (7.24%), Zinc: 0.92mg (6.14%), Phosphorus: 57.39mg (5.74%), Vitamin B12: 0.22µg (3.65%), Iron: 0.51mg (2.83%), Vitamin A: 136.32IU (2.73%), Vitamin B2: 0.04mg (2.63%), Potassium: 86.88mg (2.48%), Copper: 0.05mg (2.45%), Vitamin B5: 0.18mg (1.77%), Magnesium: 6.69mg (1.67%), Manganese: 0.03mg (1.57%), Calcium: 14.55mg (1.45%), Vitamin B1: 0.02mg (1.36%), Folate: 4.56µg (1.14%)