



## Chile-Rubbed Flat-Iron Steak

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

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons brown sugar
- 2 teaspoons cooking oil
- 1 teaspoon chili powder
- 4 6-inch corn tortillas warmed ()
- 1 pound flat iron steak trimmed
- 1 teaspoon cumin
- 0.8 teaspoon kosher salt
- 4 lime wedges

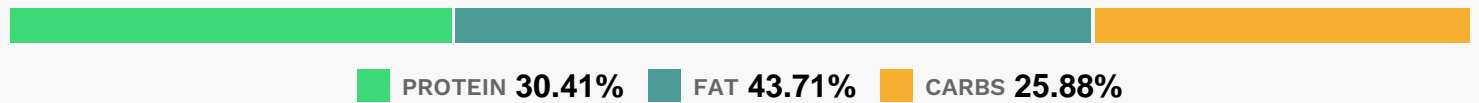
## Equipment

- bowl
- grill

## Directions

- Preheat grill to medium-high heat.
- Combine first 5 ingredients in a small bowl. Rub sugar mixture evenly over steak; let stand 10 minutes.
- Place steak on a grill rack coated with cooking spray; cook 4 minutes on each side or until desired degree of doneness.
- Let stand 10 minutes; cut diagonally across grain into thin slices.
- Serve with lime wedges and tortillas.
- Garnish each serving with cilantro leaves, if desired.

## Nutrition Facts



## Properties

Glycemic Index:21.88, Glycemic Load:5.48, Inflammation Score:0, Nutrition Score:17.845652357392%

## Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 305.43kcal (15.27%), Fat: 14.89g (22.91%), Saturated Fat: 4.76g (29.77%), Carbohydrates: 19.84g (6.61%), Net Carbohydrates: 17.47g (6.35%), Sugar: 6.4g (7.11%), Cholesterol: 74.84mg (24.95%), Sodium: 542.72mg (23.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.31g (46.61%), Vitamin B12: 5.73µg (95.44%), Zinc: 8.21mg (54.74%), Selenium: 35.65µg (50.93%), Phosphorus: 297.77mg (29.78%), Vitamin B6: 0.5mg (24.97%), Vitamin B3: 4.39mg (21.96%), Iron: 3.57mg (19.83%), Vitamin B2: 0.28mg (16.72%), Potassium: 443.88mg (12.68%), Magnesium: 46.74mg (11.68%), Vitamin B5: 1.16mg (11.59%), Copper: 0.2mg (9.96%), Vitamin B1: 0.15mg (9.77%), Fiber: 2.37g (9.47%), Manganese: 0.13mg (6.72%), Vitamin C: 5.28mg (6.4%), Vitamin E: 0.86mg (5.75%), Calcium: 45.36mg

(4.54%), Vitamin A: 164.12IU (3.28%), Vitamin K: 2.77µg (2.64%), Folate: 6.39µg (1.6%)