



Chipotle-Glazed Grilled Flank Steak with Peppers and Pineapple

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb flank steak trimmed of fat
- 8 oz chipotle sauce old el paso®
- 1 bell pepper green cut into 24 cubes
- 0.3 teaspoon pepper
- 20 oz pineapple chunks drained canned
- 1 onion red cut into 12 wedges, then in half
- 0.5 teaspoon salt

2 tablespoons vegetable oil

Equipment

bowl

grill

microwave

skewers

Directions

Heat gas or charcoal grill.

Place 1/4 cup of the cooking sauce in small bowl to use for brushing while grilling. Reserve remaining cooking sauce in microwavable bowl to serve with beef.

On each of 6 (12-inch) skewers, alternately thread bell pepper, pineapple and onion.

Drizzle 1 tablespoon of the oil over beef; sprinkle salt and pepper on both sides.

Brush one side of beef with 2 tablespoons of the cooking sauce from small bowl.

Place beef on direct heat side of grill over medium heat.

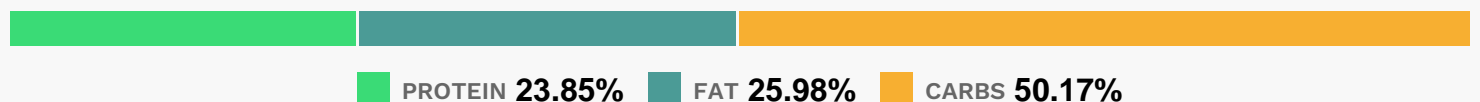
Place skewers on indirect heat side of grill. Cover grill; cook 12 to 14 minutes for medium doneness, turning once. After turning, brush beef with remaining 2 tablespoons cooking sauce from small bowl. When vegetables are tender, remove from grill.

Cut beef diagonally across grain.

Microwave reserved cooking sauce that is in microwavable bowl uncovered on High 20 to 30 seconds or until hot.

Serve with beef.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:13.534347886625%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 336.21kcal (16.81%), Fat: 10.09g (15.53%), Saturated Fat: 2.83g (17.67%), Carbohydrates: 43.85g (14.62%), Net Carbohydrates: 31.15g (11.33%), Sugar: 30.39g (33.77%), Cholesterol: 45.36mg (15.12%), Sodium: 268.65mg (11.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.84g (41.69%), Fiber: 12.7g (50.79%), Selenium: 22.78µg (32.54%), Vitamin C: 26.19mg (31.74%), Vitamin B6: 0.59mg (29.75%), Vitamin B3: 5.09mg (25.47%), Zinc: 3.05mg (20.32%), Phosphorus: 168.74mg (16.87%), Potassium: 437.59mg (12.5%), Vitamin B12: 0.69µg (11.47%), Vitamin B1: 0.17mg (11.38%), Vitamin K: 11.58µg (11.03%), Copper: 0.18mg (8.89%), Magnesium: 34.77mg (8.69%), Iron: 1.55mg (8.59%), Vitamin B2: 0.12mg (6.91%), Vitamin B5: 0.52mg (5.2%), Folate: 20.03µg (5.01%), Vitamin E: 0.69mg (4.58%), Calcium: 37.68mg (3.77%), Manganese: 0.07mg (3.36%), Vitamin A: 121.46IU (2.43%)