



 **27%**
HEALTH SCORE

Chipotle-Marinated Flatiron Steak with Avocado-Corn Relish

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

READY IN



45 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 chipotles in adobo canned
- 1 pound flat iron steak (3/)
- 0.5 cup ears corn fresh
- 1 garlic clove
- 2 haas avocados cut into 1/2-inch dice
- 1 jalapeno minced seeded
- 4 servings salt and pepper freshly ground

- 1 tablespoon juice of lime fresh
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.3 cup orange juice fresh
- 0.3 cup onion red minced

Equipment

- bowl
- knife
- blender
- baking pan
- grill
- aluminum foil
- grill pan
- cutting board

Directions

- Light a grill or heat a grill pan. Set the steak flat on a work surface. Using a sharp knife, carefully cut through the center of the steak (parallel to the work surface), leaving 1/2 inch of the meat attached at the side so it can be opened like a book. Set the butterflied flatiron steak in a medium bowl or baking dish.
- In a blender, combine the orange juice with the chipotle, adobo, garlic and 1 tablespoon of the olive oil and puree until smooth.
- Pour the marinade over the steak and let stand for 10 minutes.
- Meanwhile, in another medium bowl, gently mix the avocados with the corn, red onion, jalapeo, lime juice and the remaining 1 tablespoon of olive oil. Season with salt and pepper.
- Remove the steak from the marinade, letting the excess drip back into the bowl; do not wipe off the marinade. Season the steak with salt and pepper. Grill the butterflied steak flat over moderately high heat, turning once, until medium, about 6 minutes on each side.
- Transfer the steak to a cutting board, cover with foil and let rest for 5 minutes. Thinly slice the steak across the grain and serve with the avocado-corn relish.

Nutrition Facts

PROTEIN 20.92% FAT 65.46% CARBS 13.62%

Properties

Glycemic Index:45.25, Glycemic Load:1.88, Inflammation Score:-6, Nutrition Score:25.999130528906%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 454.39kcal (22.72%), Fat: 34.01g (52.32%), Saturated Fat: 7.65g (47.82%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 8.12g (2.95%), Sugar: 3.99g (4.43%), Cholesterol: 74.84mg (24.95%), Sodium: 288.5mg (12.54%), Alcohol: 0g (100%), Protein: 24.45g (48.9%), Vitamin B12: 5.73µg (95.44%), Zinc: 8.57mg (57.13%), Selenium: 34.49µg (49.28%), Vitamin B6: 0.74mg (36.92%), Fiber: 7.8g (31.2%), Vitamin C: 25.28mg (30.65%), Vitamin B3: 6.08mg (30.38%), Phosphorus: 285.16mg (28.52%), Potassium: 948.55mg (27.1%), Vitamin B5: 2.67mg (26.67%), Vitamin K: 26.79µg (25.52%), Folate: 100.31µg (25.08%), Vitamin B2: 0.41mg (24.07%), Vitamin E: 3.44mg (22.91%), Iron: 3.53mg (19.62%), Copper: 0.35mg (17.57%), Magnesium: 63.39mg (15.85%), Vitamin B1: 0.23mg (15.34%), Manganese: 0.22mg (11.13%), Vitamin A: 251.68IU (5.03%), Calcium: 25.72mg (2.57%)