



Chipotle-Rubbed Flank Steak

READY IN



25 min.

SERVINGS



4

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon butter
- ☐ 1 pound flank steak trimmed
- ☐ 1 teaspoon flour all-purpose
- ☐ 2 teaspoons flat-leaf parsley fresh chopped
- ☐ 1 garlic clove finely chopped
- ☐ 1 ounce gorgonzola cheese crumbled
- ☐ 1 teaspoon chipotle chili powder
- ☐ 0.7 cup milk 1% low-fat
- ☐ 1 teaspoon olive oil

- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots finely chopped

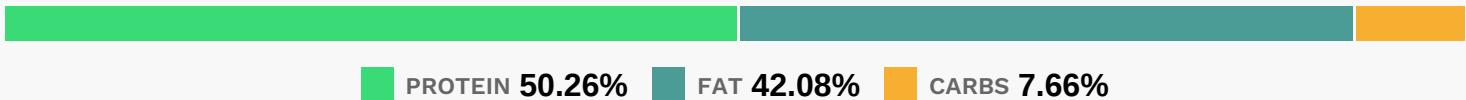
Equipment

- ☐ sauce pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler to high.
- ☐ Combine first 3 ingredients.
- ☐ Sprinkle steak with chipotle mixture.
- ☐ Place on a broiler pan; broil 5 minutes on each side.
- ☐ Let stand 5 minutes.
- ☐ Cut thinly across grain.
- ☐ Heat oil in a saucepan over medium heat.
- ☐ Add shallots and garlic; cook 1 minute.
- ☐ Add flour; cook 30 seconds, stirring.
- ☐ Add milk; boil. Cook until reduced by half.
- ☐ Remove from heat; stir in cheese and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:14.330434856207%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 224.47kcal (11.22%), Fat: 10.24g (15.76%), Saturated Fat: 4.71g (29.42%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.66g (1.33%), Sugar: 2.48g (2.75%), Cholesterol: 78.01mg (26%), Sodium: 319.65mg (13.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.52g (55.04%), Selenium: 35.79µg (51.13%), Vitamin B6: 0.77mg (38.47%), Vitamin B3: 7.33mg (36.66%), Zinc: 4.78mg (31.85%), Phosphorus: 305.09mg (30.51%), Vitamin B12: 1.36µg (22.67%), Potassium: 509.38mg (14.55%), Vitamin B2: 0.23mg (13.42%), Calcium: 117.34mg (11.73%), Iron: 2.07mg (11.48%), Vitamin A: 561.41IU (11.23%), Vitamin B5: 1.02mg (10.19%), Magnesium: 34.33mg (8.58%), Vitamin B1: 0.12mg (7.84%), Vitamin E: 0.87mg (5.78%), Folate: 21.22µg (5.3%), Copper: 0.1mg (5.11%), Vitamin K: 4.06µg (3.87%), Vitamin D: 0.47µg (3.12%), Manganese: 0.06mg (3.09%), Fiber: 0.54g (2.16%)