






 **57%**  
HEALTH SCORE

# Classic Chipotle Steak

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

READY IN  
  
**60 min.**

SERVINGS  
  
**1**

CALORIES  
  
**987 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 1 lb beef flank steak
- 1 chipotle pepper in adobo sauce chopped
- 1 clove garlic minced
- 0.1 tsp ground cinnamon
- 0.3 tsp coriander and ground cumin
- 0.5 cup a.1. original sauce
- 0.5 cup juice of lime
- 1 Tbsp olive oil

1 small onion finely chopped

1 tomatoes chopped

## Equipment

grill

## Directions

Combine all ingredients except steak.

Pour 1/4 cup steak sauce mixture over steak in shallow dish; turn steak to coat both sides. Refrigerate 30 min. to marinate.

Heat grill to medium heat.

Remove steak from marinade; discard marinade.

Grill steak, 17 to 20 min. or until medium doneness, turning occasionally and brushing with remaining steak sauce mixture.

## Nutrition Facts

  
**PROTEIN 41.38%** **FAT 34.44%** **CARBS 24.18%**

## Properties

Glycemic Index:105, Glycemic Load:2.99, Inflammation Score:-9, Nutrition Score:45.931304434071%

## Flavonoids

Eriodictyol: 2.65mg, Eriodictyol: 2.65mg, Eriodictyol: 2.65mg, Eriodictyol: 2.65mg Hesperetin: 10.85mg, Hesperetin: 10.85mg, Hesperetin: 10.85mg, Hesperetin: 10.85mg Naringenin: 1.3mg, Naringenin: 1.3mg, Naringenin: 1.3mg, Naringenin: 1.3mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 15.59mg, Quercetin: 15.59mg, Quercetin: 15.59mg, Quercetin: 15.59mg

## Nutrients (% of daily need)

Calories: 987.04kcal (49.35%), Fat: 37.33g (57.43%), Saturated Fat: 11.42g (71.4%), Carbohydrates: 58.96g (19.65%), Net Carbohydrates: 54.03g (19.65%), Sugar: 36.62g (40.69%), Cholesterol: 272.16mg (90.72%), Sodium: 1673.11mg (72.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 100.92g (201.85%), Selenium: 134.74µg (192.49%), Vitamin B6: 3.01mg (150.63%), Vitamin B3: 29.28mg (146.39%), Zinc: 17.86mg (119.08%), Phosphorus: 990.31mg

(99.03%), Vitamin C: 59.32mg (71.9%), Vitamin B12: 4.13µg (68.79%), Potassium: 2104.54mg (60.13%), Iron: 8.42mg (46.79%), Vitamin B2: 0.59mg (34.54%), Magnesium: 132.78mg (33.19%), Vitamin B5: 3.22mg (32.21%), Vitamin B1: 0.44mg (29.58%), Vitamin E: 4.3mg (28.68%), Folate: 102.98µg (25.74%), Copper: 0.48mg (23.9%), Vitamin K: 24.77µg (23.59%), Vitamin A: 1094.82IU (21.9%), Manganese: 0.43mg (21.29%), Fiber: 4.94g (19.75%), Calcium: 154.08mg (15.41%)