



Cowboy Flank Steak with Potato Skins

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons chili powder
- 1 teaspoon coffee instant
- 0.5 teaspoon ground cumin
- 0.5 teaspoon brown sugar packed
- 1 lb flank steak
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 lb fingerling potatoes red (20)

- 1 tablespoon butter melted
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 3 tablespoons cheddar cheese shredded extra-sharp reduced-fat
- 2 tablespoons spring onion thinly sliced

Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- aluminum foil
- microwave
- broiler pan

Directions

- Set oven control to broil. Spray broiler pan with cooking spray. In small bowl, mix chili powder, coffee granules, cumin and brown sugar.
- Sprinkle steak with 1/2 teaspoon salt and 1/4 teaspoon pepper; rub with spice mixture.
- Place on broiler pan. Broil steak 4 inches from heat 12 minutes or until of desired doneness. Cover loosely with foil.
- Meanwhile, scrub potatoes; place in single layer in 9-inch square microwavable dish. Cover with microwavable plastic wrap, folding back corner to vent steam. Microwave on High 5 to 6 minutes or until tender.
- Let stand 5 minutes.
- Cut potatoes in half; place on cookie sheet.
- Drizzle with butter.
- Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Top evenly with cheese. Broil 2 minutes or until cheese is melted.
- Sprinkle with onions.

Thinly slice steak across grain.

Serve with potato skins.

Nutrition Facts



Properties

Glycemic Index:58.69, Glycemic Load:14.58, Inflammation Score:-6, Nutrition Score:18.414782712317%

Flavonoids

Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 284.98kcal (14.25%), Fat: 9.19g (14.14%), Saturated Fat: 4.44g (27.76%), Carbohydrates: 21.58g (7.19%), Net Carbohydrates: 18.57g (6.75%), Sugar: 1.55g (1.72%), Cholesterol: 76.67mg (25.56%), Sodium: 575.15mg (25.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.85mg (2.62%), Protein: 28.19g (56.38%), Vitamin B6: 1.05mg (52.4%), Selenium: 34.87µg (49.82%), Vitamin B3: 8.48mg (42.39%), Phosphorus: 326.48mg (32.65%), Zinc: 4.84mg (32.28%), Vitamin C: 22.93mg (27.79%), Potassium: 913.58mg (26.1%), Vitamin B12: 1.06µg (17.73%), Iron: 3.08mg (17.11%), Magnesium: 56.25mg (14.06%), Manganese: 0.25mg (12.7%), Fiber: 3.01g (12.04%), Vitamin B1: 0.18mg (11.95%), Vitamin B2: 0.19mg (11.34%), Copper: 0.23mg (11.26%), Vitamin K: 11.49µg (10.94%), Vitamin B5: 1.08mg (10.79%), Folate: 35.84µg (8.96%), Vitamin A: 431.55IU (8.63%), Calcium: 69.98mg (7%), Vitamin E: 0.83mg (5.56%)