



Cowboy Flank Steak with Potato Skins

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb flank steak
- ☐ 0.5 teaspoon brown sugar packed
- ☐ 1 tablespoon butter melted
- ☐ 2 teaspoons chili powder
- ☐ 1 lb fingerling potatoes red (20)
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon coffee instant

- ☐ 3 tablespoons cheddar cheese shredded extra-sharp reduced-fat
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt

Equipment

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

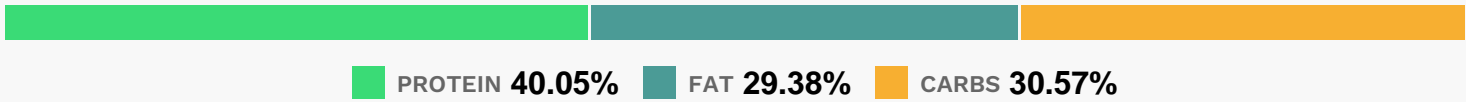
Directions

- ☐ 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:50.69, Glycemic Load:14.57, Inflammation Score:-6, Nutrition Score:18.345652395292%

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: 284.66kcal (14.23%), Fat: 9.19g (14.13%), Saturated Fat: 4.44g (27.75%), Carbohydrates: 21.5g (7.17%), Net Carbohydrates: 18.52g (6.73%), Sugar: 1.55g (1.72%), Cholesterol: 76.67mg (25.56%), Sodium: 575.12mg (25.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.85mg (2.62%), Protein: 28.18g (56.36%), Vitamin B6: 1.05mg (52.38%), Selenium: 34.87µg (49.81%), Vitamin B3: 8.48mg (42.38%), Phosphorus: 326.28mg (32.63%), Zinc: 4.84mg (32.27%), Vitamin C: 22.93mg (27.79%), Potassium: 911.91mg (26.05%), Vitamin B12: 1.06µg (17.73%), Iron: 3.07mg (17.04%), Magnesium: 56.03mg (14.01%), Vitamin B1: 0.18mg (11.94%), Fiber: 2.98g (11.91%), Manganese: 0.24mg (11.9%), Vitamin B2: 0.19mg (11.32%), Copper: 0.22mg (11.18%), Vitamin B5: 1.08mg (10.77%), Vitamin K: 11.28µg (10.74%), Folate: 35.82µg (8.95%), Vitamin A: 430.87IU (8.62%), Calcium: 69.43mg (6.94%), Vitamin E: 0.83mg (5.55%)