



Cowboy Flank Steak with Sweet and Smoky Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon brown sugar
- ☐ 4.5 ounce chilis green undrained chopped canned
- ☐ 16 ounce pinto beans rinsed drained canned
- ☐ 0.5 teaspoon chipotle sauce
- ☐ 1 pound flank steak trimmed
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.4 teaspoon kosher salt
- ☐ 1 tablespoon blackstrap molasses
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 1 cup bell pepper red chopped
- ☐ 4 servings roasted garlic
- ☐ 1 tablespoon paprika smoked
- ☐ 0.8 cup tomato purée
- ☐ 1 cup onion yellow chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ grill pan

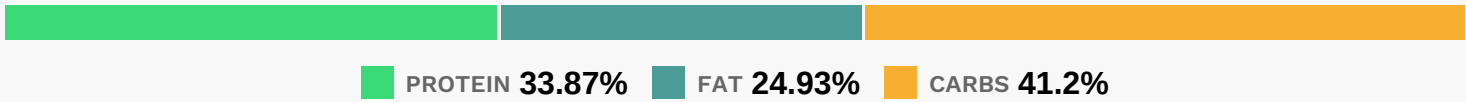
Directions

- ☐ Heat a large saucepan over medium heat.
- ☐ Add 1 tablespoon oil; swirl to coat.
- ☐ Add onion and red bell pepper; saut 4 minutes or until slightly tender. Stir in tomato puree and next 6 ingredients (through green chiles). Cover and simmer 15 minutes, stirring occasionally.
- ☐ Heat a grill pan over high heat.
- ☐ Combine paprika and next 3 ingredients (through salt) in a small bowl; rub spice mixture evenly over steak. Coat pan with cooking spray.
- ☐ Add steak to pan; grill 6 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.

☐

Serve with beans.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:8.74, Inflammation Score:-10, Nutrition Score:30.057825917783%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.28mg, Quercetin: 10.28mg, Quercetin: 10.28mg, Quercetin: 10.28mg

Nutrients (% of daily need)

Calories: 370.55kcal (18.53%), Fat: 10.46g (16.09%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 38.89g (12.96%), Net Carbohydrates: 29.48g (10.72%), Sugar: 13.93g (15.47%), Cholesterol: 68.04mg (22.68%), Sodium: 730.71mg (31.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.97g (63.94%), Vitamin C: 68.52mg (83.05%), Vitamin B6: 1.14mg (57.14%), Selenium: 35.64µg (50.92%), Vitamin A: 2331.64IU (46.63%), Vitamin B3: 8.97mg (44.87%), Manganese: 0.82mg (40.85%), Phosphorus: 391.2mg (39.12%), Fiber: 9.41g (37.64%), Zinc: 5.49mg (36.62%), Potassium: 1230.85mg (35.17%), Iron: 5.9mg (32.77%), Magnesium: 101.93mg (25.48%), Vitamin E: 3.65mg (24.36%), Copper: 0.49mg (24.35%), Folate: 91.57µg (22.89%), Vitamin B12: 1.03µg (17.2%), Vitamin B2: 0.27mg (15.79%), Calcium: 143.04mg (14.3%), Vitamin K: 14.93µg (14.22%), Vitamin B1: 0.21mg (13.99%), Vitamin B5: 1.4mg (13.97%)