



 **94%**  
HEALTH SCORE

# Cuban Flank Steak With Avocado and Tomato Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**1**

CALORIES



**1163 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup olive oil
- 1 cup juice of lime fresh
- 2 Tbs orange juice
- 4 garlic clove
- 2 Tbs water
- 1 teaspoon cumin
- 1 teaspoon salt

- 1 teaspoon pepper black
- 1 teaspoon oregano dried
- 1 serving cilantro leaves fresh
- 1 flank steak
- 1 avocado chopped
- 1 tomatoes chopped
- 4 Tbs onion red finely chopped

## Equipment

- food processor
- bowl
- sauce pan
- blender
- grill

## Directions

- Place all of the Mojo Sauce ingredients in a small food processor, or blender. I have a Bullet which I love and is perfect for making the mojo sauce.
- Place the flank steak in a zip lock bag or shallow dish.
- Add the sauce; I let marinate in refrigerator for 2 hour to overnight.
- Remove the flank steak from the marinade; place remaining marinade in saucepan.
- Let steak stand at room temperature for 30 minutes.
- Grill the flank steak to your desired doneness. As you can see from the picture, we like ours on the rare side.
- Let the cooked steak stand for 10 minutes before thinly slicing across the grain.
- Bring the marinade in the saucepan to a boil.
- Let it cook for several minutes; it will begin to thicken.
- Place the avocado, tomato and onion into a bowl.
- Add the heated mojo sauce to the salad.

Serve on the side of the steak, or on top. Your preference.

## Nutrition Facts

**PROTEIN 18.57%** **FAT 62.75%** **CARBS 18.68%**

### Properties

Glycemic Index:261, Glycemic Load:6.78, Inflammation Score:-10, Nutrition Score:57.327826086957%

### Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 5.36mg, Eriodictyol: 5.36mg, Eriodictyol: 5.36mg, Eriodictyol: 5.36mg Hesperetin: 25.77mg, Hesperetin: 25.77mg, Hesperetin: 25.77mg, Hesperetin: 25.77mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 10.41mg, Quercetin: 10.41mg, Quercetin: 10.41mg, Quercetin: 10.41mg

### Taste

Sweetness: 18.05%, Saltiness: 41.53%, Sourness: 22.38%, Bitterness: 10.89%, Savoriness: 23.98%, Fattiness: 100%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 1162.77kcal (58.14%), Fat: 85.23g (131.12%), Saturated Fat: 15.11g (94.43%), Carbohydrates: 57.1g (19.03%), Net Carbohydrates: 38.62g (14.04%), Sugar: 13.46g (14.96%), Cholesterol: 135.6mg (45.2%), Sodium: 2480.97mg (107.87%), Protein: 56.74g (113.48%), Vitamin C: 133.48mg (161.8%), Vitamin B6: 2.32mg (116.01%), Selenium: 69.95µg (99.93%), Vitamin B3: 19.12mg (95.6%), Vitamin K: 98.62µg (93.93%), Vitamin E: 12.72mg (84.8%), Fiber: 18.48g (73.92%), Potassium: 2583.65mg (73.82%), Zinc: 10.75mg (71.68%), Phosphorus: 676.33mg (67.63%), Folate: 258.34µg (64.59%), Manganese: 1.18mg (58.95%), Vitamin B5: 4.86mg (48.55%), Iron: 8.01mg (44.51%), Magnesium: 168.17mg (42.04%), Copper: 0.81mg (40.73%), Vitamin B2: 0.64mg (37.41%), Vitamin B12: 2.06µg (34.28%), Vitamin B1: 0.49mg (32.98%), Vitamin A: 1586.04IU (31.72%), Calcium: 214.68mg (21.47%)