



Curry Flank Steak with Tropical Fruit Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons curry powder
- ☐ 0.3 cup sherry dry
- ☐ 1 pound flank steak lean
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup orange juice
- ☐ 0.3 teaspoon pepper
- ☐ 4 servings salsa

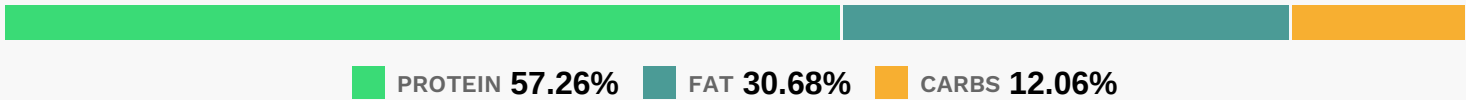
Equipment

- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Trim fat from steak.
- ☐ Combine steak and next 6 ingredients (steak through pepper) in a large heavy-duty zip-top plastic bag. Seal bag, and marinate in refrigerator 8–12 hours, turning bag occasionally.
- ☐ Remove steak from bag; discard marinade.
- ☐ Prepare grill or broiler.
- ☐ Place steak on grill rack or broiler pan coated with cooking spray, and cook 7 minutes on each side or until steak is desired degree of doneness.
- ☐ Cut steak diagonally across the grain into thin slices.
- ☐ Serve steak with Tropical Fruit Salsa.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.91, Inflammation Score:-4, Nutrition Score:13.971739261047%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 190.09kcal (9.5%), Fat: 5.98g (9.2%), Saturated Fat: 2.4g (15.02%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 4.22g (1.54%), Sugar: 2.72g (3.02%), Cholesterol: 68.04mg (22.68%), Sodium: 272.03mg (11.83%), Alcohol: 1.54g (100%), Alcohol %: 1.1% (100%), Protein: 25.11g (50.22%), Selenium: 34.24µg (48.91%), Vitamin B6: 0.77mg (38.61%), Vitamin B3: 7.59mg (37.97%), Zinc: 4.51mg (30.03%), Phosphorus: 250.41mg (25.04%), Vitamin B12: 1.03µg (17.2%), Potassium: 539.06mg (15.4%), Manganese: 0.3mg (15.1%), Iron: 2.53mg (14.03%), Vitamin C: 8.49mg (10.3%), Magnesium: 37.69mg (9.42%), Vitamin B2: 0.15mg (8.96%), Vitamin B5: 0.82mg (8.19%), Vitamin B1: 0.11mg (7.47%), Vitamin E: 0.95mg (6.37%), Copper: 0.13mg (6.27%), Folate: 22.47µg (5.62%), Calcium: 44.06mg (4.41%), Fiber: 1.07g (4.27%), Vitamin A: 198.47IU (3.97%), Vitamin K: 4µg (3.81%)