



## Fiery Flank Steak with Tomato Jam

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds flank steak trimmed
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic minced
- 3 garlic minced
- 2 jalapeno minced
- 2 jalapeno minced
- 0.3 cup juice of lime fresh
- 3 tablespoons juice of lime fresh

- 1 tablespoon lime zest grated
- 2 teaspoons olive oil
- 0.3 cup onion grated
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 0.3 cup sugar
- 6 large tomatoes cored ripe cut in half crosswise ( 4 pounds)

## Equipment

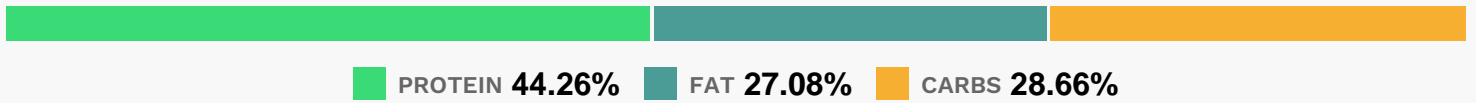
- bowl
- sauce pan
- grill
- ziploc bags

## Directions

- To prepare jam, grate tomatoes, flesh side down, over a large bowl to form 5 1/2 cups pulp; discard skins.
- Combine pulp, sugar, onion, 3 garlic cloves, and 2 jalapeos in a medium saucepan; bring to a boil. Reduce heat, and simmer until reduced to 2 1/4 cups (about 20 minutes), stirring occasionally. Cool to room temperature. Stir in cilantro, 3 tablespoons juice, and 1/4 teaspoon salt.
- To prepare steak, combine rind, 1/3 cup juice, oil, 2 jalapeos, and 2 garlic cloves in a large zip-top plastic bag.
- Add steak; seal. Marinate in refrigerator 8 hours or overnight, turning bag occasionally.
- Prepare grill.
- Remove steak from bag; discard marinade.
- Sprinkle both sides of steak evenly with 1/2 teaspoon salt.
- Place steak on a grill rack coated with cooking spray; grill 3 minutes on each side or until desired degree of doneness.
- Let stand 5 minutes.

- Cut steak diagonally across the grain into thin slices.
- Serve with jam.
- Garnish with lemon slices, if desired.
- Wine note: Tomato Jam captures the rich flavor of summer tomatoes, a classic partner for high-acid red wines. For a sure bet, reach for Chianti or an affordable barbera, like Michele Chiarlo Barbera d'Asti Le Orme 2004 (\$13). This bright and fruity wine has tart cranberry flavors and the vibrant acidity that tomatoes demand. Earthy and smoky aromas resonate with the grilled steak. --Jeffery Lindenmuth

## Nutrition Facts



### Properties

Glycemic Index:40.39, Glycemic Load:7.63, Inflammation Score:0, Nutrition Score:18.007391390593%

### Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

### Nutrients (% of daily need)

Calories: 232.61kcal (11.63%), Fat: 7.03g (10.81%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 14.64g (5.32%), Sugar: 12.78g (14.2%), Cholesterol: 68.04mg (22.68%), Sodium: 286.4mg (12.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.84g (51.68%), Selenium: 33.85µg (48.36%), Vitamin B6: 0.86mg (43.14%), Vitamin C: 33.15mg (40.18%), Vitamin B3: 8.01mg (40.06%), Zinc: 4.64mg (30.9%), Phosphorus: 271.02mg (27.1%), Vitamin A: 1254.78IU (25.1%), Potassium: 766.78mg (21.91%), Vitamin B12: 1.03µg (17.2%), Vitamin K: 15.75µg (15%), Iron: 2.22mg (12.32%), Manganese: 0.22mg (11.04%), Magnesium: 43.59mg (10.9%), Folate: 40.37µg (10.09%), Vitamin E: 1.51mg (10.08%), Vitamin B2: 0.17mg (10%), Vitamin B1: 0.15mg (9.75%), Copper: 0.18mg (9.07%), Vitamin B5: 0.9mg (9.01%), Fiber: 2.08g (8.34%), Calcium: 46.24mg (4.62%)