



Fiery Flank Steak with Tomato Jam



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds flank steak trimmed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 3 garlic cloves minced
- ☐ 2 jalapeño peppers minced
- ☐ 0.3 cup juice of lime fresh
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 tablespoon lime rind 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

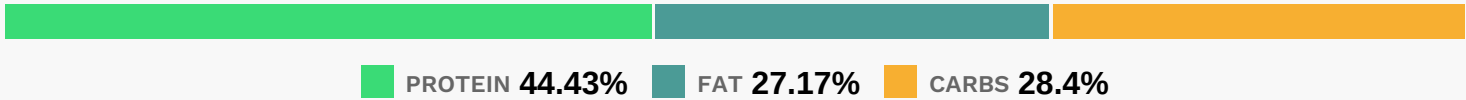
- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

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:36.39, Glycemic Load:7.59, Inflammation Score:-8, Nutrition Score:17.572174030802%

Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 231.59kcal (11.58%), Fat: 7.01g (10.79%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 14.51g (5.28%), Sugar: 12.63g (14.04%), Cholesterol: 68.04mg (22.68%), Sodium: 286.29mg (12.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.81g (51.62%), Selenium: 33.84µg (48.34%), Vitamin B6: 0.85mg (42.41%), Vitamin B3: 7.97mg (39.84%), Vitamin C: 29mg (35.15%), Zinc: 4.63mg (30.87%), Phosphorus: 270.11mg (27.01%), Vitamin A: 1217.05IU (24.34%), Potassium: 758.09mg (21.66%), Vitamin B12: 1.03µg (17.2%), Vitamin K: 15.1µg (14.38%), Iron: 2.21mg (12.27%), Manganese: 0.22mg (10.87%), Magnesium: 43.06mg (10.77%), Vitamin B2: 0.17mg (9.86%), Folate: 39.43µg (9.86%), Vitamin B1: 0.14mg (9.66%), Vitamin E: 1.39mg (9.25%), Copper: 0.18mg (8.99%), Vitamin B5: 0.89mg (8.9%), Fiber: 1.99g (7.95%), Calcium: 45.82mg (4.58%)