



 **63%**
HEALTH SCORE

Flank Steak and Rajas Fajitas

 Dairy Free  Very Healthy

READY IN



115 min.

SERVINGS



6

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound flank steak
- 6 servings flour tortillas for serving
- 1 clove garlic chopped
- 1 cup pickled jalapeño peppers (including the onions and carrots from the jar or can)
- 2 jalapeño peppers fresh
- 6 servings kosher salt and pepper freshly ground
- 2 tablespoons olive oil extra-virgin plus more for brushing
- 1 teaspoon oregano dried

- 4 poblano peppers
- 1 medium onion white sliced

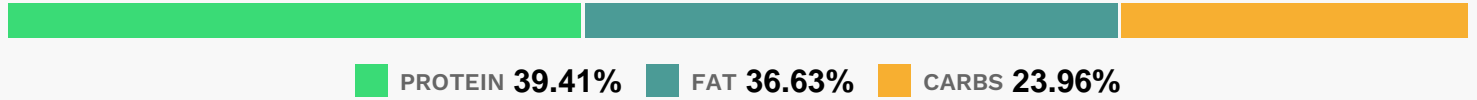
Equipment

- frying pan
- baking pan
- grill
- skewers
- grill pan
- cutting board

Directions

- Put the steak in a baking dish and toss with the pickled jalapeno mixture; let marinate at room temperature, 1 hour.
- Preheat a grill or grill pan to medium high.
- Brush the jalapeno mixture off the steak; season the steak with salt and pepper and grill until charred, 3 to 4 minutes per side.
- Transfer to a cutting board and let rest.
- Secure each onion slice horizontally with a wooden skewer.
- Brush the onion slices with olive oil and season with salt and pepper. Grill, turning occasionally, until soft, 10 to 15 minutes. Meanwhile, put the poblanos and fresh jalapenos on the grill and char on all sides, about 8 minutes. Set aside until cool enough to handle, then peel off the skins, stem and seed.
- Cut the poblanos and jalapenos into strips. Once the onion slices are cool enough to handle, remove the skewers and separate into individual rings.
- Preheat a large skillet over medium heat. Thinly slice the steak on the bias, against the grain. When the skillet is hot, coat the bottom with 2 tablespoons olive oil.
- Add the garlic and oregano and saute about 1 minute.
- Add the steak, onion and pepper strips and toss to heat through. Season with salt and pepper.
- Serve with tortillas, guacamole and pico de gallo.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:5.58, Inflammation Score:-8, Nutrition Score:26.636521546737%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 4.01mg, Luteolin: 4.01mg, Luteolin: 4.01mg, Luteolin: 4.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 370.73kcal (18.54%), Fat: 14.87g (22.87%), Saturated Fat: 4.73g (29.58%), Carbohydrates: 21.89g (7.3%), Net Carbohydrates: 18.47g (6.72%), Sugar: 4.62g (5.14%), Cholesterol: 90.72mg (30.24%), Sodium: 498.69mg (21.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.99g (71.97%), Vitamin C: 88.63mg (107.43%), Selenium: 51.55µg (73.64%), Vitamin B6: 1.22mg (61.21%), Vitamin B3: 11.41mg (57.07%), Zinc: 6.13mg (40.85%), Phosphorus: 394.77mg (39.48%), Vitamin B12: 1.38µg (22.93%), Potassium: 773.75mg (22.11%), Iron: 3.93mg (21.85%), Vitamin B1: 0.32mg (21.52%), Vitamin B2: 0.3mg (17.75%), Vitamin K: 18.45µg (17.57%), Manganese: 0.33mg (16.49%), Folate: 65.39µg (16.35%), Vitamin E: 2.17mg (14.49%), Fiber: 3.41g (13.65%), Magnesium: 53.61mg (13.4%), Vitamin B5: 1.17mg (11.71%), Copper: 0.21mg (10.69%), Vitamin A: 511.62IU (10.23%), Calcium: 96.46mg (9.65%)