



Flank Steak Fajitas

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 bottle lager beer
- 1 teaspoon pepper black freshly ground
- 2 pounds flank steak
- 12 8-inch flour tortillas ()
- 1 bunch cilantro leaves fresh
- 1 bunch parsley fresh
- 5 cloves garlic
- 2 bell peppers green seeded cut into strips

- 2 jalapeño peppers seeded cut into strips
- 0.5 cup olive oil
- 2 tablespoons olive oil
- 1 large onion sliced
- 2 teaspoons paprika hot
- 2 poblano peppers seeded cut into strips
- 2 bell peppers red seeded cut into strips
- 0.5 onion red roughly chopped
- 1 tablespoon salt
- 6 servings salt and pepper black freshly ground
- 2 tablespoons sherry vinegar

Equipment

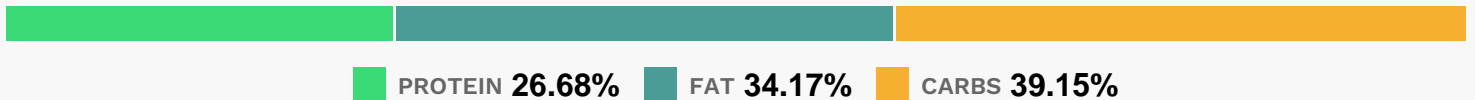
- food processor
- frying pan
- grill
- aluminum foil
- ziploc bags

Directions

- Watch how to make this recipe.
- To make the chimichurri: In a food processor, add parsley, cilantro, garlic, hot paprika, vinegar, 1/2 cup olive oil and salt and pepper and blend until smooth, Reserve half for drizzling on fajitas.
- Place remaining marinade in a resealable plastic bag and add steak. Coat well and marinate for at least 1 hour.
- Preheat grill to medium-high.
- Remove steak from marinade and discard marinade. Season steak with salt and pepper and grill over medium-high heat until cooked to medium-rare, about 6 minutes per side.
- Let steak rest for 10 minutes, loosely covered with aluminum foil, before slicing.

- Meanwhile, warm tortillas on the grill. Slice the steak on the bias into thin slices. To serve, place meat on each tortilla and top with Drunken Peppers.
- Drizzle chimichurri sauce over the filling and form into a loose fold.
- In a large saute pan heat 2 tablespoons oil over medium-high heat. When shimmering, add peppers and onion. Season with salt and pepper and saute until softened and caramelized around the edges, about 6 to 8 minutes.
- Add beer and cover. Cook a few minutes more until the peppers and onion are tender.

Nutrition Facts



Properties

Glycemic Index:64.25, Glycemic Load:18.22, Inflammation Score:-10, Nutrition Score:42.778261267621%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 20.49mg, Apigenin: 20.49mg, Apigenin: 20.49mg, Apigenin: 20.49mg Luteolin: 4.18mg, Luteolin: 4.18mg, Luteolin: 4.18mg, Luteolin: 4.18mg Isorhamnetin: 1.71mg, Isorhamnetin: 1.71mg, Isorhamnetin: 1.71mg, Isorhamnetin: 1.71mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 657.09kcal (32.85%), Fat: 24.48g (37.66%), Saturated Fat: 7.38g (46.11%), Carbohydrates: 63.09g (21.03%), Net Carbohydrates: 55.88g (20.32%), Sugar: 9.18g (10.2%), Cholesterol: 90.72mg (30.24%), Sodium: 2007.66mg (87.29%), Alcohol: 1.11g (100%), Alcohol %: 0.29% (100%), Protein: 43g (86%), Vitamin K: 184.17µg (175.4%), Vitamin C: 136.43mg (165.37%), Selenium: 68.19µg (97.42%), Vitamin B3: 15.17mg (75.83%), Vitamin B6: 1.4mg (69.94%), Phosphorus: 569.96mg (57%), Vitamin A: 2807.7IU (56.15%), Vitamin B1: 0.72mg (48.29%), Zinc: 6.78mg (45.18%), Manganese: 0.85mg (42.32%), Folate: 166.91µg (41.73%), Iron: 7.48mg (41.54%), Vitamin B2: 0.56mg (32.95%), Potassium: 1027.55mg (29.36%), Fiber: 7.21g (28.84%), Vitamin B12: 1.38µg (23.03%), Calcium: 224.01mg (22.4%), Magnesium: 82.09mg (20.52%), Vitamin E: 3.03mg (20.19%), Copper: 0.33mg (16.45%), Vitamin B5: 1.48mg (14.76%)