



## Flank Steak with Black Bean Salsa

 Gluten Free  Dairy Free

READY IN



67 min.

SERVINGS



7

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup barbecue sauce kraft
- 15 oz black beans rinsed canned
- 0.3 cup cilantro leaves finely chopped
- 3 lb beef flank steaks
- 4 slices oscar mayer baked ham cooked finely chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 2 juice of lime divided
- 1 small bell pepper red chopped

1 serrano chile seeded chopped

## Equipment

bowl

grill

cutting board

## Directions

Mix dressing and half the lime juice.

Pour over meat in shallow dish; turn to coat both sides of each steak. Refrigerate 30 min. to marinate.

Meanwhile, mix remaining lime juice and barbecue sauce in medium bowl. Stir in all remaining ingredients.

Heat grill to medium heat.

Remove meat from marinade; discard marinade. Grill steak 17 to 21 min. or until medium doneness (160F), turning occasionally.

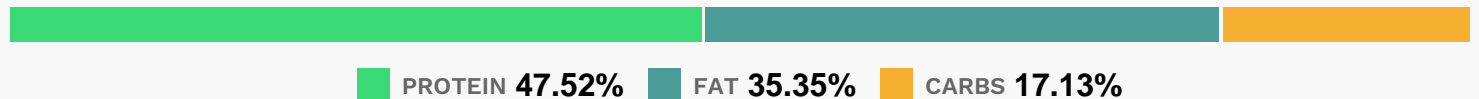
Transfer to cutting board.

Let stand 5 min.

Cut steak across the grain into thin slices.

Serve with bean salsa.

## Nutrition Facts



## Properties

Glycemic Index:9.14, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:26.409999805948%

## Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 423.64kcal (21.18%), Fat: 16.23g (24.97%), Saturated Fat: 5.54g (34.63%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 13.11g (4.77%), Sugar: 5.83g (6.48%), Cholesterol: 126.56mg (42.19%), Sodium: 799.06mg (34.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.09g (98.19%), Selenium: 62.26µg (88.95%), Vitamin B3: 13.41mg (67.07%), Vitamin B6: 1.33mg (66.4%), Zinc: 8.21mg (54.75%), Phosphorus: 501.66mg (50.17%), Vitamin B12: 1.87µg (31.19%), Potassium: 971.48mg (27.76%), Iron: 4.47mg (24.82%), Vitamin B1: 0.34mg (22.37%), Vitamin C: 18.41mg (22.32%), Vitamin B2: 0.35mg (20.55%), Fiber: 4.59g (18.35%), Magnesium: 71.53mg (17.88%), Folate: 69.28µg (17.32%), Vitamin B5: 1.48mg (14.75%), Copper: 0.29mg (14.44%), Vitamin K: 14.36µg (13.67%), Manganese: 0.2mg (10.03%), Vitamin E: 1.28mg (8.51%), Vitamin A: 413.22IU (8.26%), Calcium: 71.18mg (7.12%)