



Flank Steak with Five-Spice Rub and Chile Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon five-spice powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon brown sugar
- ☐ 1.5 tablespoons dry-roasted peanuts chopped
- ☐ 2 pound flank steak trimmed
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 garlic clove minced

- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons kosher salt
- ☐ 1 orange bell pepper
- ☐ 2 poblano chiles
- ☐ 1 tablespoon seasoned rice vinegar

Equipment

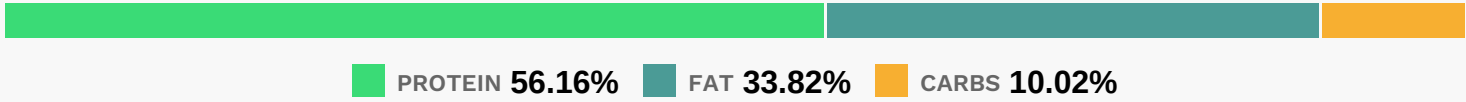
- ☐ bowl
- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ To prepare relish, cut chiles and bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and chop.
- ☐ Combine chiles, bell pepper, and next 6 ingredients (through garlic) in a small bowl; toss well. Set aside.
- ☐ Prepare grill.
- ☐ To prepare steak, combine sugar and next 4 ingredients (through ginger) in a small bowl.
- ☐ Sprinkle steak with sugar mixture.

- ☐ Place steak on a grill rack coated with cooking spray; grill 6 minutes on each side or until desired degree of doneness.
- ☐ Cut steak across grain into thin slices.
- ☐ Serve with relish.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:15.724782757137%

Flavonoids

Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 184.81kcal (9.24%), Fat: 6.79g (10.44%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 3.44g (1.25%), Sugar: 2.81g (3.12%), Cholesterol: 68.04mg (22.68%), Sodium: 724.78mg (31.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.36g (50.71%), Vitamin C: 43.16mg (52.32%), Selenium: 33.75µg (48.22%), Vitamin B6: 0.81mg (40.47%), Vitamin B3: 7.66mg (38.3%), Zinc: 4.49mg (29.94%), Phosphorus: 249.43mg (24.94%), Vitamin B12: 1.03µg (17.2%), Potassium: 498.35mg (14.24%), Iron: 2.26mg (12.53%), Vitamin A: 583.53IU (11.67%), Vitamin B2: 0.16mg (9.13%), Magnesium: 34.72mg (8.68%), Vitamin B5: 0.82mg (8.25%), Manganese: 0.16mg (8.13%), Vitamin B1: 0.12mg (7.73%), Folate: 27.05µg (6.76%), Copper: 0.13mg (6.27%), Vitamin E: 0.68mg (4.56%), Vitamin K: 4.57µg (4.35%), Fiber: 1.08g (4.33%), Calcium: 36.48mg (3.65%)