



Flank Steak with Grilled Mango and Watermelon Chutney



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup cider vinegar
- ☐ 1.5 pound flank steak trimmed
- ☐ 1.5 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1.5 tablespoons mint leaves fresh chopped

- ☐ 3 garlic cloves minced
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 mangoes ripe peeled cut into quarters (1 pound)
- ☐ 1 teaspoon olive oil
- ☐ 1 cup thinly onion vertically sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 0.8 pound watermelon diced seedless finely

Equipment

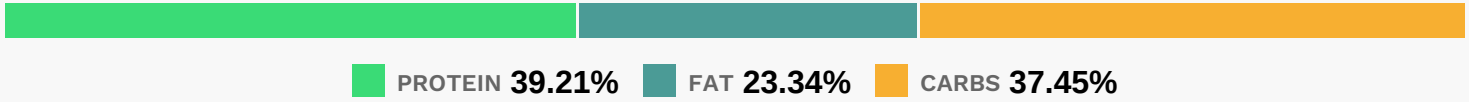
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ To prepare steak, combine first 4 ingredients.
- ☐ Sprinkle steak evenly with sugar mixture.
- ☐ Place steak on grill rack coated with cooking spray; grill for 8 minutes on each side or until desired degree of doneness.
- ☐ Let stand 10 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ To prepare chutney, place mango on grill rack coated with cooking spray; grill 4 minutes on each side. Cool and chop. Set aside.
- ☐ Heat oil in a small saucepan over medium-high heat.
- ☐ Add onion; saut 4 minutes.
- ☐ Add ginger; saut 1 minute.

- ☐ Add vinegar, 2 tablespoons sugar, juice, 1/4 teaspoon salt, and pepper; cook 5 minutes or until liquid almost evaporates. Stir in mango; cook 1 minute.
- ☐ Remove from heat. Stir in watermelon, cilantro, and mint.
- ☐ Add mint sprigs and lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:51.24, Glycemic Load:8.59, Inflammation Score:-8, Nutrition Score:17.543043426845%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 262.43kcal (13.12%), Fat: 6.81g (10.48%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 22.59g (8.22%), Sugar: 20.11g (22.34%), Cholesterol: 68.04mg (22.68%), Sodium: 550.64mg (23.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.75g (51.51%), Selenium: 34.56µg (49.37%), Vitamin B6: 0.86mg (42.77%), Vitamin C: 34.22mg (41.47%), Vitamin B3: 7.73mg (38.64%), Zinc: 4.57mg (30.46%), Phosphorus: 259.84mg (25.98%), Vitamin A: 1170.06IU (23.4%), Potassium: 653.31mg (18.67%), Vitamin B12: 1.03µg (17.2%), Folate: 53.51µg (13.38%), Iron: 2.4mg (13.34%), Magnesium: 44.74mg (11.19%), Vitamin B2: 0.18mg (10.8%), Copper: 0.21mg (10.66%), Vitamin B5: 1.04mg (10.39%), Manganese: 0.2mg (10.19%), Vitamin B1: 0.14mg (9.29%), Fiber: 2.01g (8.04%), Vitamin E: 1.13mg (7.54%), Calcium: 56.88mg (5.69%), Vitamin K: 5.27µg (5.02%)