



 41%  
HEALTH SCORE

## Flank Steak with Herbed Salsa

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup cilantro leaves finely chopped
- 4 servings olive oil extra virgin
- 1 pound flank steak
- 3 garlic clove minced
- 0.5 large jalapeno whole minced seeded ( 1 if brave)
- 0.5 juice of lemon
- 0.5 juice of lime
- 4 servings salt and pepper

- 4 spring onion white finely chopped
- 2 medium tomatoes finely chopped

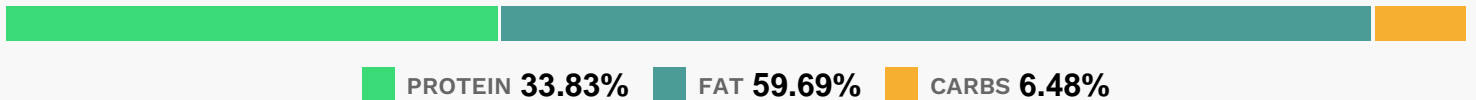
## Equipment

- bowl
- frying pan
- grill
- grill pan

## Directions

- Preheat a grill pan or light a grill. In a medium bowl, combine the tomatoes with the scallions, cilantro, Jalapeno, garlic and lemon lime juice. Season the salsa with salt and freshly ground pepper. Season with salt and pepper the flank steak. Using a grill pan brush a shadow of oil on the bottom of it.
- Place the pan over high heat and when hot add the flank steak. Cook until nicely charred outside and medium rare inside. About 3 minutes per side.
- Transfer the steak to a carving board and let rest for 5 minutes. Thinly slice the steak across the grain and serve with the herbed salsa.

## Nutrition Facts



## Properties

Glycemic Index:41, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:17.670434782609%

## Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

## Taste

Sweetness: 29.83%, Saltiness: 100%, Sourness: 53.96%, Bitterness: 25.51%, Savoriness: 60.41%, Fattiness: 72.23%, Spiciness: 100%

## **Nutrients (% of daily need)**

Calories: 300.57kcal (15.03%), Fat: 19.87g (30.56%), Saturated Fat: 4.31g (26.94%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 3.57g (1.3%), Sugar: 2.18g (2.43%), Cholesterol: 68.04mg (22.68%), Sodium: 261.55mg (11.37%), Protein: 25.34g (50.67%), Vitamin K: 52.27µg (49.78%), Selenium: 33.89µg (48.42%), Vitamin B6: 0.79mg (39.35%), Vitamin B3: 7.58mg (37.9%), Zinc: 4.55mg (30.32%), Phosphorus: 254.91mg (25.49%), Vitamin C: 17.12mg (20.75%), Vitamin E: 2.92mg (19.48%), Vitamin A: 923.02IU (18.46%), Potassium: 608.2mg (17.38%), Vitamin B12: 1.03µg (17.2%), Iron: 2.29mg (12.72%), Vitamin B2: 0.16mg (9.59%), Magnesium: 36.51mg (9.13%), Folate: 35.79µg (8.95%), Vitamin B5: 0.83mg (8.29%), Vitamin B1: 0.12mg (8.05%), Manganese: 0.16mg (7.99%), Copper: 0.15mg (7.37%), Fiber: 1.28g (5.14%), Calcium: 46.58mg (4.66%)