



Flank Steak with Tomato-Avocado Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cider vinegar
- ☐ 1.8 pound flank steak trimmed
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup green onions minced
- ☐ 1 habanero pepper minced seeded
- ☐ 4 teaspoons jamaican jerk seasoning
- ☐ 6 servings tomato-avocado salsa

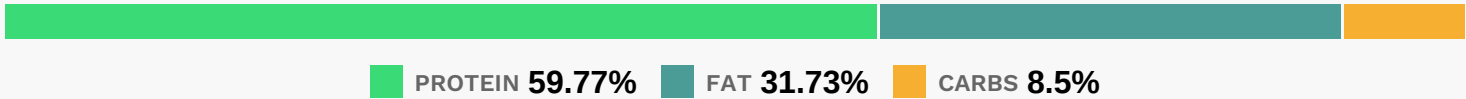
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 6 ingredients in a small bowl. Score a diamond pattern on steak.
- ☐ Place steak in a shallow dish.
- ☐ Spread green onion mixture on steak. Cover and marinate in refrigerator at least 8 hours.
- ☐ Prepare grill.
- ☐ Place steak on grill rack coated with cooking spray; grill 6 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Serve with Tomato-Avocado Salsa.
- ☐ Garnish with cilantro sprigs, if desired.
- ☐ carbo rating: 5

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.32, Inflammation Score:-6, Nutrition Score:16.442173854164%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 201.09kcal (10.05%), Fat: 6.9g (10.62%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 2.84g (1.03%), Sugar: 1.65g (1.83%), Cholesterol: 79.38mg (26.46%), Sodium: 303.96mg (13.22%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.26g (58.52%), Selenium: 39.8µg (56.86%), Vitamin B6: 0.91mg (45.62%), Vitamin B3: 8.83mg (44.16%), Zinc: 5.24mg (34.95%), Phosphorus: 287.61mg (28.76%), Vitamin K: 21.84µg (20.8%), Vitamin B12: 1.2µg (20.07%), Potassium: 600.56mg (17.16%), Iron: 2.58mg (14.32%), Vitamin A: 647.97IU (12.96%), Vitamin B2: 0.18mg (10.85%), Magnesium: 38.94mg (9.74%), Vitamin B5: 0.93mg (9.28%), Vitamin E: 1.34mg (8.96%), Vitamin B1: 0.12mg (7.86%), Copper: 0.15mg (7.29%), Folate: 24.73µg (6.18%), Manganese: 0.12mg (6.08%), Vitamin C: 4.95mg (6%), Fiber: 1.33g (5.3%), Calcium: 49.72mg (4.97%)