



 **16%**
HEALTH SCORE

Flat Iron Steak with Three Pepper Rub

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

READY IN



135 min.

SERVINGS



6

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon brown sugar
- 1 teaspoon chipotle sauce
- 2 teaspoons chili powder
- 2 pounds flat iron steak
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground cumin
- 0.5 teaspoon pepper black
- 0.5 teaspoon onion powder

- 2 teaspoons salt
- 1 tablespoon paprika smoked

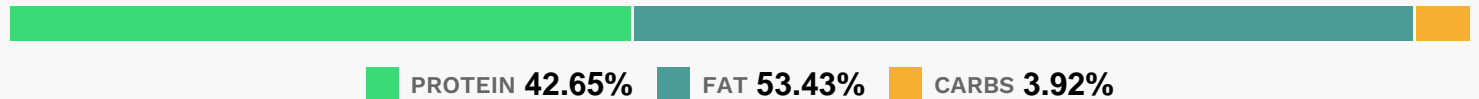
Equipment

- bowl
- plastic wrap
- grill

Directions

- Stir together the paprika, salt, sugar, chili powder, chipotle powder, black pepper, garlic powder, onion powder, and cumin in a small bowl until blended. Rub the seasoning mix all over the flat iron steaks, then wrap them tightly with plastic wrap. Marinate in the refrigerator 2 to 8 hours (the longer the better).
- Preheat an outdoor grill for medium–high heat, and lightly oil grate.
- Cook the steaks on the preheated grill until cooked to your desired degree of doneness, about 4 minutes per side for medium. Allow the steaks to rest for 5 minutes in a warm location before slicing.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:19.987391397357%

Nutrients (% of daily need)

Calories: 278.95kcal (13.95%), Fat: 16.23g (24.97%), Saturated Fat: 6.02g (37.65%), Carbohydrates: 2.68g (0.89%), Net Carbohydrates: 1.7g (0.62%), Sugar: 1.18g (1.31%), Cholesterol: 99.79mg (33.26%), Sodium: 900.25mg (39.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.16g (58.31%), Vitamin B12: 7.64µg (127.26%), Zinc: 10.51mg (70.05%), Selenium: 45.38µg (64.82%), Vitamin B6: 0.61mg (30.26%), Phosphorus: 286.56mg (28.66%), Vitamin B3: 5.38mg (26.89%), Iron: 4.09mg (22.72%), Vitamin B2: 0.37mg (21.48%), Vitamin A: 775.33IU (15.51%), Vitamin B5: 1.48mg (14.81%), Potassium: 517.67mg (14.79%), Vitamin B1: 0.16mg (10.55%), Copper: 0.2mg (10.09%), Magnesium: 36.18mg (9.04%), Vitamin E: 0.86mg (5.73%), Manganese: 0.09mg (4.4%), Fiber: 0.98g (3.93%), Vitamin K: 2.84µg (2.7%), Calcium: 18.1mg (1.81%), Folate: 5.57µg (1.39%)