



Grilled Flank Steak, Onion, and Peppers

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon chili powder
- ☐ 1.5 lbs flank steak
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 juice of lemon
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 1 tablespoon olive oil

- ☐ 1 medium onion sliced into thirds
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon pepper
- ☐ 1 bell pepper red seeded quartered
- ☐ 4 tablespoons butter unsalted melted
- ☐ 1 bell pepper yellow seeded quartered

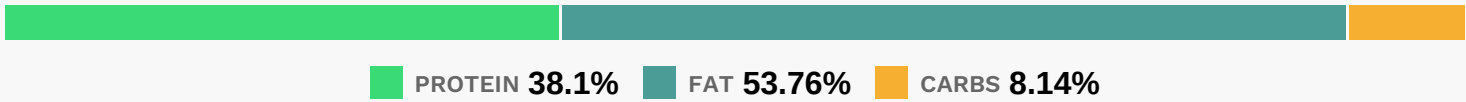
Equipment

- ☐ knife
- ☐ grill

Directions

- ☐ Heat a grill to high (450 to 550). Using a sharp knife, score steak on a diagonal across the grain, making parallel lines about 1 in. apart. Turn steak and repeat to create a diamond pattern. Flip steak over and repeat scoring on the other side.
- ☐ Combine 1 tsp. salt and the spices, then sprinkle all over steak.
- ☐ Drizzle meat with butter and lemon juice and rub flavorings into slits.
- ☐ Grill steak, turning once, 8 minutes total for medium.
- ☐ Let rest.
- ☐ Mix onion and peppers with oil, garlic, and remaining 1/2 tsp. salt. Grill, turning often, until softened, 5 minutes.
- ☐ Cut vegetables into strips; serve with steak.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:1.14, Inflammation Score:-9, Nutrition Score:25.698260965555%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 399.22kcal (19.96%), Fat: 23.7g (36.46%), Saturated Fat: 11.26g (70.4%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 6.36g (2.31%), Sugar: 2.69g (2.99%), Cholesterol: 132.16mg (44.05%), Sodium: 972mg (42.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.79g (75.58%), Vitamin C: 98.1mg (118.91%), Selenium: 50.98µg (72.83%), Vitamin B6: 1.24mg (61.99%), Vitamin B3: 11.27mg (56.37%), Zinc: 6.77mg (45.13%), Phosphorus: 377.43mg (37.74%), Vitamin A: 1543.77IU (30.88%), Vitamin B12: 1.57µg (26.19%), Potassium: 786.18mg (22.46%), Iron: 3.31mg (18.39%), Vitamin B2: 0.25mg (14.74%), Vitamin E: 1.99mg (13.28%), Vitamin B5: 1.3mg (12.99%), Folate: 51.16µg (12.79%), Magnesium: 50.89mg (12.72%), Vitamin B1: 0.17mg (11.33%), Manganese: 0.2mg (10.16%), Copper: 0.19mg (9.61%), Vitamin K: 7.61µg (7.25%), Fiber: 1.71g (6.85%), Calcium: 59.63mg (5.96%), Vitamin D: 0.21µg (1.4%)