



Grilled Flank Steak with Avocado and Two-Tomato Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup avocado diced
- ☐ 0.5 teaspoon pepper black divided
- ☐ 1.5 pound flank steak trimmed
- ☐ 2 teaspoons tarragon fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1.5 teaspoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon onion red finely chopped

- ☐ 0.8 teaspoon salt divided
- ☐ 0.5 cup tomatoes diced red
- ☐ 0.5 cup tomatoes diced yellow

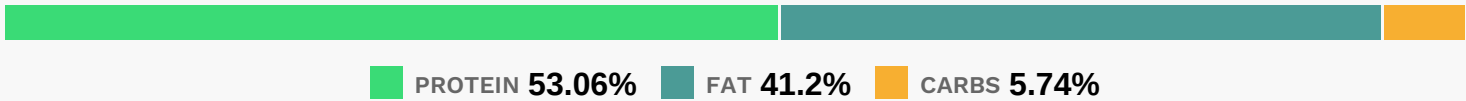
Equipment

- ☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Combine first 7 ingredients, 1/8 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Sprinkle steak evenly with 1/2 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐ Place steak on a grill rack coated with cooking spray; grill 6 minutes on each side or until desired degree of doneness.
- ☐ Remove steak from grill; let stand 5 minutes.
- ☐ Cut steak across the grain into thin slices; sprinkle evenly with remaining 1/8 teaspoon salt.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:13.360869511314%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 191.84kcal (9.59%), Fat: 8.62g (13.26%), Saturated Fat: 2.78g (17.37%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 1.5g (0.55%), Sugar: 0.52g (0.58%), Cholesterol: 68.04mg (22.68%), Sodium: 355.53mg (15.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.97g (49.94%), Selenium: 33.6µg (48%), Vitamin B3: 7.56mg (37.78%), Vitamin B6: 0.75mg (37.71%), Zinc: 4.51mg (30.07%), Phosphorus: 245.9mg (24.59%), Vitamin B12: 1.03µg (17.2%), Potassium: 534.4mg (15.27%), Iron: 2.15mg (11.95%), Vitamin B2: 0.16mg (9.68%), Vitamin B5: 0.92mg (9.19%), Magnesium: 34.3mg (8.58%), Folate: 32.63µg (8.16%), Vitamin B1: 0.1mg (6.84%), Manganese: 0.14mg (6.8%), Copper: 0.13mg (6.69%), Vitamin C: 5.2mg (6.3%), Vitamin K: 5.86µg (5.58%), Vitamin E: 0.81mg (5.37%), Fiber: 1.2g (4.79%), Calcium: 37.08mg (3.71%), Vitamin A: 151.88IU (3.04%)