



HEALTH SCORE

53%

Grilled Flank Steak with Confetti Salsa



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



8

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz avocado pitted peeled chopped
- ☐ 2.5 lb flank steak trimmed
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 15 oz mangos fresh diced
- ☐ 1 teaspoon olive oil
- ☐ 0.8 cup bell pepper red stemmed seeded chopped

- ☐ 0.5 onion red chopped
- ☐ 8 servings salt and pepper

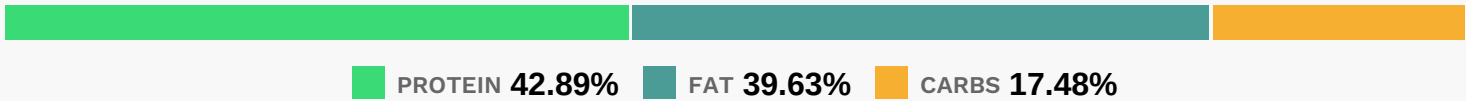
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Combine bell pepper, onion, garlic, avocado, mango and lime juice in a small bowl. Stir in cilantro and season with salt and pepper. Set salsa aside.
- ☐ Prepare a charcoal fire, let burn to a gray ash and set grill about 6 inches above coals. (Or preheat broiler and set broiling rack 6 inches from heat source.)
- ☐ Rub steak with oil and season both sides with salt and pepper. Grill or broil steak, about 6 minutes per side for medium-rare.
- ☐ Remove steak to a work surface, cover loosely with foil and let sit for 10 minutes. Slice steak very thin on diagonal and serve with salsa.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:4.3, Inflammation Score:-8, Nutrition Score:21.9686955991%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 295.31kcal (14.77%), Fat: 13.06g (20.09%), Saturated Fat: 3.82g (23.9%), Carbohydrates: 12.96g (4.32%), Net Carbohydrates: 9.27g (3.37%), Sugar: 8.47g (9.41%), Cholesterol: 85.05mg (28.35%), Sodium: 273.37mg (11.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.8g (63.59%), Selenium: 42.39µg (60.56%), Vitamin B6: 1.07mg (53.42%), Vitamin C: 42.79mg (51.87%), Vitamin B3: 9.96mg (49.81%), Zinc: 5.76mg (38.42%), Phosphorus: 319.4mg (31.94%), Potassium: 795.19mg (22.72%), Vitamin A: 1133.77IU (22.68%), Vitamin B12: 1.29µg (21.5%), Folate: 78.73µg (19.68%), Vitamin B5: 1.56mg (15.55%), Vitamin K: 15.52µg (14.78%), Fiber: 3.69g (14.74%), Vitamin B2: 0.25mg (14.45%), Iron: 2.57mg (14.27%), Vitamin E: 1.95mg (13%), Magnesium: 49.8mg (12.45%), Copper: 0.24mg (11.97%), Vitamin B1: 0.15mg (10.25%), Manganese: 0.14mg (6.78%), Calcium: 44.42mg (4.44%)