



## Grilled Flank Steak with Corn Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.3 teaspoons pepper black divided
- 0.5 cup black beans canned drained
- 0.5 cup cooking wine dry red
- 1 pound flank steak
- 2 teaspoons cilantro leaves fresh chopped
- 1 cup regular corn frozen thawed
- 1 garlic clove crushed
- 3 garlic cloves crushed

- 1 jalapeno seeded finely chopped
- 0.3 cup juice of lemon fresh
- 2 tablespoons juice of lime fresh
- 2 tablespoons onion chopped
- 0.5 cup bell pepper red finely chopped
- 2 tablespoons worcestershire sauce

## Equipment

- grill
- ziploc bags

## Directions

- Combine corn, beans, bell pepper, jalapeo, 1 garlic clove, lime juice, cilantro, and 1/4 teaspoon black pepper. Cover and chill 8 hours.
- Sprinkle steak with remaining 2 teaspoons black pepper, and place in a heavy-duty zip-top plastic bag.
- Combine wine and next 4 ingredients; pour over steak. Seal bag; marinate in refrigerator 8 hours.
- Prepare grill.
- Remove steak from bag; discard marinade.
- Place steak on grill rack coated with cooking spray; grill, covered, 7 minutes on each side or to desired degree of doneness.
- Remove from grill; cut into thin slices.
- Serve with corn salsa.

## Nutrition Facts

 **PROTEIN 44.21%**  **FAT 22.39%**  **CARBS 33.4%**

## Properties

Glycemic Index:53.75, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:19.221304312996%

## Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

## Nutrients (% of daily need)

Calories: 267.18kcal (13.36%), Fat: 6.22g (9.57%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 17.24g (6.27%), Sugar: 2.54g (2.82%), Cholesterol: 68.04mg (22.68%), Sodium: 257.33mg (11.19%), Alcohol: 3.15g (100%), Alcohol %: 1.49% (100%), Protein: 27.64g (55.27%), Vitamin C: 42.12mg (51.05%), Selenium: 34.67µg (49.52%), Vitamin B6: 0.9mg (44.85%), Vitamin B3: 8.24mg (41.2%), Zinc: 4.89mg (32.57%), Phosphorus: 309.14mg (30.91%), Potassium: 749.19mg (21.41%), Manganese: 0.36mg (17.77%), Iron: 3.17mg (17.58%), Vitamin B12: 1.03µg (17.2%), Folate: 59.61µg (14.9%), Fiber: 3.64g (14.55%), Vitamin B2: 0.23mg (13.65%), Magnesium: 54.24mg (13.56%), Vitamin A: 644.67IU (12.89%), Vitamin B1: 0.19mg (12.45%), Vitamin B5: 1.01mg (10.14%), Copper: 0.2mg (9.87%), Calcium: 57.37mg (5.74%), Vitamin E: 0.81mg (5.41%), Vitamin K: 5.12µg (4.87%)