



## Grilled Flank Steak With Guacamole Sauce



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 teaspoons chipotle powder dried
- ☐ 2 lb flank steak trimmed
- ☐ 2 teaspoons garlic fresh minced
- ☐ 8 servings guacamole sauce
- ☐ 0.5 teaspoon salt

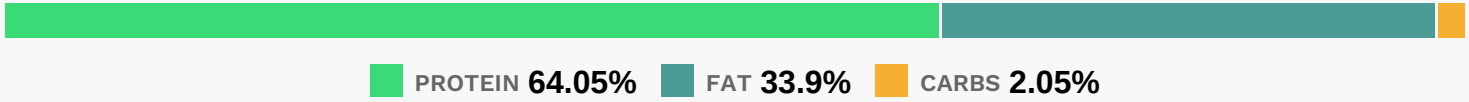
### Equipment

- ☐ grill
- ☐ aluminum foil

# Directions

- ☐ Sprinkle steak evenly with chipotle powder and salt; rub with garlic.
- ☐ Grill steak, covered with grill lid, over medium-high heat (350 to 400°F)
- ☐ to 10 minutes on each side or to desired degree of doneness. Cover loosely with aluminum foil, and let stand 5 minutes.
- ☐ Cut steak diagonally across the grain into thin strips.
- ☐ Serve with tortillas, if desired, and Guacamole Sauce.
- ☐ Note: For testing purposes only, we used McCormick Gourmet Collection Chipotle Chile Pepper for dried chipotle powder.

## Nutrition Facts



## Properties

Glycemic Index:3.75, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:11.280434827442%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 159.1kcal (7.96%), Fat: 5.75g (8.84%), Saturated Fat: 2.36g (14.78%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.59g (0.21%), Sugar: 0.27g (0.3%), Cholesterol: 68.04mg (22.68%), Sodium: 225.77mg (9.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.43g (48.85%), Selenium: 33.66µg (48.09%), Vitamin B3: 7.12mg (35.62%), Vitamin B6: 0.71mg (35.29%), Zinc: 4.37mg (29.16%), Phosphorus: 231.71mg (23.17%), Vitamin B12: 1.03µg (17.2%), Potassium: 399.48mg (11.41%), Iron: 1.85mg (10.26%), Vitamin B2: 0.14mg (8%), Vitamin B5: 0.72mg (7.23%), Magnesium: 25.88mg (6.47%), Vitamin B1: 0.08mg (5.63%), Copper: 0.09mg (4.51%), Folate: 14.9µg (3.73%), Vitamin E: 0.52mg (3.47%), Vitamin A: 148.32IU (2.97%), Calcium: 26.91mg (2.69%), Vitamin K: 1.9µg (1.81%), Manganese: 0.03mg (1.69%)