



Grilled Flank Steak with Roasted-Poblano Relish



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 1 pound flank steak trimmed
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 pound poblano chiles
- ☐ 0.5 teaspoon salt divided

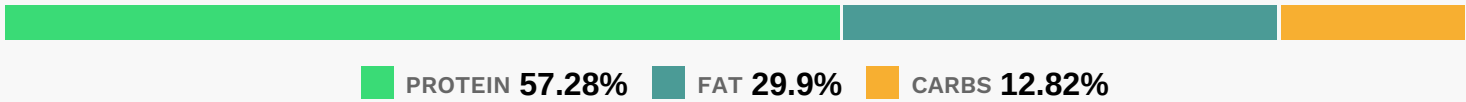
Equipment

- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Prepare grill.
- ☐ Cut poblanos in half lengthwise; discard seeds and membranes.
- ☐ Place poblanos, skin sides down, on grill rack. Grill 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and dice. Stir in cilantro, juice, 1/4 teaspoon salt, and 1/8 teaspoon black pepper.
- ☐ Sprinkle steak with 1/4 teaspoon salt and 1/8 teaspoon black pepper.
- ☐ Place on grill rack; grill 8 minutes on each side or until thermometer registers 145 (medium-rare) or until desired degree of doneness.
- ☐ Remove from grill; let stand 5 minutes.
- ☐ Cut steak diagonally across the grain into thin slices.
- ☐ Serve with relish.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.35, Inflammation Score:-7, Nutrition Score:18.691739289657%

Flavonoids

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 Luteolin: 5.34mg, Luteolin: 5.34mg, Luteolin: 5.34mg, Luteolin: 5.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 179.33kcal (8.97%), Fat: 5.87g (9.03%), Saturated Fat: 2.42g (15.12%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 3.68g (1.34%), Sugar: 2.79g (3.1%), Cholesterol: 68.04mg (22.68%), Sodium: 354.38mg (15.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.31g (50.62%), Vitamin C: 92.35mg (111.94%), Selenium: 33.46µg (47.81%), Vitamin B6: 0.94mg (47.11%), Vitamin B3: 7.61mg (38.07%), Zinc: 4.5mg (29.98%), Phosphorus: 252.56mg (25.26%), Vitamin B12: 1.03µg (17.2%), Potassium: 592.28mg (16.92%), Iron: 2.15mg (11.96%), Vitamin K: 10.6µg (10.09%), Vitamin B1: 0.15mg (9.83%), Vitamin B2: 0.16mg (9.6%), Magnesium: 36.86mg (9.22%), Vitamin A: 435.63IU (8.71%), Manganese: 0.17mg (8.45%), Vitamin B5: 0.83mg (8.34%), Copper: 0.16mg (8.05%), Fiber: 1.98g (7.92%), Folate: 26.6µg (6.65%), Vitamin E: 0.76mg (5.09%), Calcium: 36.55mg (3.65%)