



Grilled Jerk Flank Steak



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



6

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons teriyaki sauce (from 15-oz bottle)
- ☐ 1 tablespoon canola oil
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 cloves garlic finely chopped
- ☐ 1 jalapeno with seeds, finely chopped

☐ 1.5 lb flank steak

Equipment

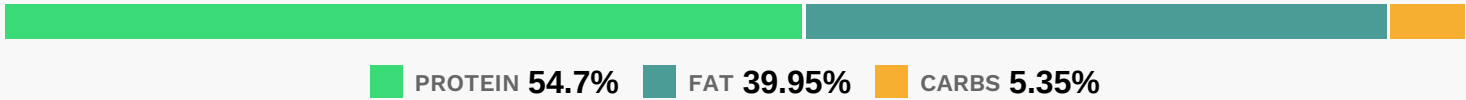
☐ grill

☐ ziploc bags

Directions

- ☐ In heavy-duty resealable food-storage plastic bag, place all ingredients except beef.
- ☐ Add beef; seal bag and turn to coat beef. Refrigerate at least 4 hours but no longer than 24 hours to marinate.
- ☐ Heat gas or charcoal grill.
- ☐ Remove beef from marinade; discard marinade.
- ☐ Place beef on grill. Cover grill; cook over hot heat about 10 minutes, turning once, until slightly pink when cut in center.
- ☐ Let stand 5 minutes. To serve, cut across grain into thin slices.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:12.181739345841%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 188.82kcal (9.44%), Fat: 8.11g (12.47%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 2.2g (0.8%), Sugar: 1.43g (1.59%), Cholesterol: 68.04mg (22.68%), Sodium: 599.21mg (26.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.98g (49.95%), Selenium: 33.77µg (48.24%), Vitamin B3: 7.23mg (36.16%), Vitamin B6: 0.72mg (36.04%), Zinc: 4.39mg (29.25%), Phosphorus: 246.16mg (24.62%), Vitamin B12: 1.03µg (17.2%), Potassium: 423.32mg (12.09%), Iron: 2.09mg (11.62%), Vitamin B2: 0.14mg (8.31%), Magnesium: 32.36mg (8.09%), Manganese: 0.15mg (7.55%), Vitamin B5: 0.75mg (7.48%), Vitamin B1: 0.09mg (5.89%), Vitamin E: 0.84mg (5.57%), Copper: 0.1mg (5.06%), Vitamin C: 3.5mg (4.25%), Folate: 16.37µg (4.09%), Vitamin K: 3.8µg

(3.62%), Calcium: 33.86mg (3.39%)