



Grilled Lime-Curry-Rubbed Hanger Steak with Fresh Melon-Cucumber Chutney



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef chuck steaks 1-inch-thick ()
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 tablespoon curry powder
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 10 ounces wedges honeydew melon chopped
- ☐ 2 tablespoons juice of lime fresh

- ☐ 0.5 cup onion red chopped
- ☐ 1 teaspoons nigella seeds fresh minced
- ☐ 1 tablespoon vegetable oil

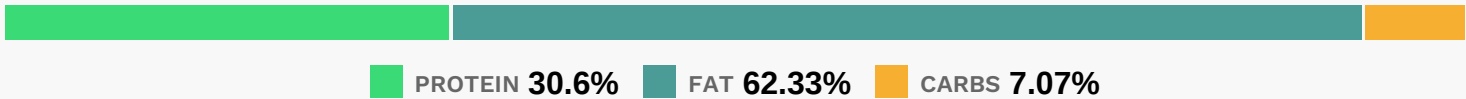
Equipment

- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Stir together honeydew, cucumber, onion, lime juice, cilantro, jalapeño, and 1/4 teaspoon salt.
- ☐ Sprinkle with spices and let chutney stand while grilling steak.
- ☐ Prepare a gas grill for direct-heat cooking over medium heat; see Grilling Procedure.
- ☐ Stir together lime juice, oil, curry powder, 2 teaspoons salt, and 1 teaspoon pepper. Coat steak with curry mixture.
- ☐ Oil grill rack, then grill steak, covered, turning once, 9 minutes total for medium-rare.
- ☐ Let rest on a cutting board 5 minutes, then slice thinly across the grain.
- ☐ Serve steak with chutney.
- ☐ basmati or jasmine rice
- ☐ Steak can be cooked in a lightly oiled 2-burner grill pan, 14 to 16 minutes total for medium-rare.
- ☐ Calories 318, Total fat 18g (6g saturated), Cholesterol 99mg, Sodium 607mg, Carbohydrate 8g, Fiber 1g, Protein 29g
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:18.376086701518%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin:
0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg,
Naringenin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg
Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.08mg,
Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 379.36kcal (18.97%), Fat: 26.53g (40.81%), Saturated Fat: 10.49g (65.58%), Carbohydrates: 6.76g (2.25%),
Net Carbohydrates: 5.64g (2.05%), Sugar: 4.53g (5.04%), Cholesterol: 102.81mg (34.27%), Sodium: 112.98mg
(4.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.31g (58.61%), Zinc: 11.25mg (75.02%), Vitamin B12:
3.99µg (66.53%), Selenium: 30.41µg (43.45%), Vitamin B3: 6.89mg (34.44%), Vitamin B6: 0.68mg (34.23%),
Phosphorus: 292.87mg (29.29%), Iron: 3.74mg (20.77%), Potassium: 672.65mg (19.22%), Vitamin C: 11.33mg
(13.73%), Vitamin B2: 0.23mg (13.58%), Vitamin B5: 1.09mg (10.91%), Vitamin K: 10.96µg (10.44%), Magnesium:
40.27mg (10.07%), Vitamin B1: 0.15mg (9.81%), Copper: 0.12mg (6.18%), Manganese: 0.1mg (4.81%), Folate: 18.51µg
(4.63%), Fiber: 1.13g (4.53%), Vitamin E: 0.66mg (4.4%), Calcium: 34.95mg (3.5%), Vitamin A: 104.98IU (2.1%),
Vitamin D: 0.15µg (1.01%)