



HEALTH SCORE

65%

Grilled Mexican Steak



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bunches cilantro leaves (leaves and stems)
- ☐ 0.5 cup cumin seeds
- ☐ 3 pound flank steak
- ☐ 3 cloves garlic
- ☐ 5 jalapeño peppers chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 1.5 cups olive oil
- ☐ 1 tablespoon cracked pepper black

☐ 1.5 teaspoons salt

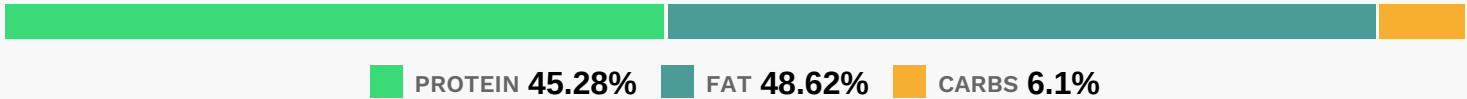
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ blender
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Toast the cumin seeds in a medium saute pan over medium-low heat for 5 minutes, or until fragrant.
- ☐ In a blender, combine the cumin seeds, jalapenos, garlic, pepper, lime juice, and salt. Pulse the blender to finely chop ingredients.
- ☐ Add the oil and cilantro and puree until smooth.
- ☐ Lightly score both sides of the meat with a knife so that the marinade will penetrate.
- ☐ Place the meat in a large plastic bag or bowl, pour in the marinade, and coat well. Marinate in the refrigerator for 24 to 48 hours.
- ☐ Preheat an outdoor grill for high heat and lightly oil grate.
- ☐ Remove the meat from the marinade and discard the remaining marinade. Cook on high, 1 to 2 minutes per side, to sear the meat. Turn the heat down to low and cook for an additional 3 to 4 minutes per side, or until the it has reached the desired doneness.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:29.639565384906%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 449.54kcal (22.48%), Fat: 24.1g (37.08%), Saturated Fat: 6.35g (39.68%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 5.2g (1.89%), Sugar: 0.94g (1.04%), Cholesterol: 136.08mg (45.36%), Sodium: 718.09mg (31.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.51g (101.01%), Selenium: 67.69µg (96.69%), Vitamin B6: 1.49mg (74.39%), Vitamin B3: 14.72mg (73.62%), Zinc: 9.16mg (61.05%), Iron: 9.3mg (51.66%), Phosphorus: 509.78mg (50.98%), Vitamin B12: 2.06µg (34.4%), Potassium: 1000.46mg (28.58%), Manganese: 0.48mg (24.1%), Vitamin C: 19.7mg (23.88%), Magnesium: 86.01mg (21.5%), Vitamin K: 21.84µg (20.8%), Vitamin E: 3.02mg (20.11%), Vitamin B2: 0.31mg (18%), Vitamin B1: 0.23mg (15.3%), Vitamin B5: 1.52mg (15.2%), Calcium: 137.89mg (13.79%), Copper: 0.27mg (13.55%), Folate: 36.68µg (9.17%), Vitamin A: 423.87IU (8.48%), Fiber: 1.61g (6.46%)