



Grilled Ras el Hanout Flank Steak With Moroccan Carrot Salad

 Gluten Free  Dairy Free  Low Fod Map

READY IN



120 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounces carrots peeled sliced into 1/4" coins (7 medium)
- 4 servings sea salt
- 2 pounds flank steak trimmed
- 0.3 cup flat parsley chopped
- 0.1 teaspoon ground cinnamon
- 0.8 teaspoon ground cumin
- 4 servings kosher salt

- 7.5 tablespoons juice of lemon fresh divided
- 1 teaspoon paprika
- 3 tablespoons vegetable oil

Equipment

- paper towels
- whisk
- grill
- aluminum foil
- ziploc bags

Directions

- Whisk together lemon juice, vegetable oil, ground cumin and paprika. Season to taste with salt.
- Add a third of this mixture to carrots and parsley. Toss to combine, adjust seasoning with additional salt if needed, and refrigerate carrot salad.
- Place flank steak in a resealable plastic bag.
- Add another third of the vinaigrette, along with 1 tablespoon ras el hanout. Seal bag and squish around to combine. Refrigerate for at least four hours, turning bag occasionally.
- Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on one side of the charcoal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Alternatively, set half the burners on a gas grill to the highest heat setting, cover, and preheat for 10 minutes. Clean and oil the grilling grate.
- While grill is heating, whisk together the remaining third of vinaigrette with ground cinnamon and set aside.
- Remove flank steak from the marinade and pat dry with paper towels. (Discard marinade.) Grill, flipping regularly until medium rare (135°F), 8 to 10 minutes total. Allow the flank steak rest, covered with foil, for 5 to 10 minutes.
- Cut the steak on the bias across the grain.
- Drizzle meat with reserved vinaigrette and a light shower of coarse salt.
- Serve with carrot salad.

Nutrition Facts

PROTEIN 44.19% FAT 43.86% CARBS 11.95%

Properties

Glycemic Index:25.96, Glycemic Load:3.66, Inflammation Score:-10, Nutrition Score:36.000869668048%

Flavonoids

Eriodictyol: 1.37mg, Eriodictyol: 1.37mg, Eriodictyol: 1.37mg, Eriodictyol: 1.37mg Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 457.88kcal (22.89%), Fat: 22.06g (33.94%), Saturated Fat: 6.33g (39.55%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 9.9g (3.6%), Sugar: 6.18g (6.86%), Cholesterol: 136.08mg (45.36%), Sodium: 589.38mg (25.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.01g (100.01%), Vitamin A: 19513.09IU (390.26%), Selenium: 67.1µg (95.86%), Vitamin K: 98.39µg (93.7%), Vitamin B6: 1.56mg (77.87%), Vitamin B3: 15.38mg (76.9%), Zinc: 9.05mg (60.36%), Phosphorus: 505.72mg (50.57%), Potassium: 1204.45mg (34.41%), Vitamin B12: 2.06µg (34.4%), Vitamin C: 22.6mg (27.39%), Iron: 4.45mg (24.74%), Vitamin B2: 0.34mg (20.11%), Vitamin B5: 1.8mg (18.03%), Magnesium: 69.38mg (17.34%), Vitamin B1: 0.25mg (16.81%), Vitamin E: 2.47mg (16.47%), Folate: 62.64µg (15.66%), Fiber: 3.63g (14.52%), Copper: 0.23mg (11.7%), Manganese: 0.23mg (11.44%), Calcium: 97.41mg (9.74%)