



Grilled Spice-Rubbed Flank Steak

 Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons chili powder
- 4 lb flank steak
- 1 teaspoon ground coriander
- 2 teaspoons ground cumin
- 1 Tbsp brown sugar light packed
- 8 servings salt
- 1 teaspoon paprika smoked

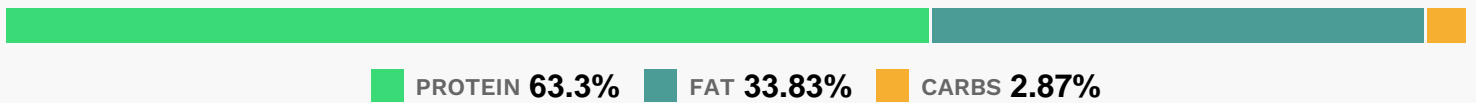
Equipment

- bowl
- baking sheet
- plastic wrap
- grill
- aluminum foil
- cutting board

Directions

- Place each steak on a baking sheet.
- Combine brown sugar, salt, cumin, paprika, chili powder and coriander in a small bowl.
- Sprinkle half of spice rub over steaks and rub it all over top and sides of meat. Flip steaks over, sprinkle on remaining mix and rub all over that side. Cover baking sheets with plastic wrap and refrigerate for up to 6 hours before cooking.
- Preheat a gas grill to high for 20 minutes.
- Place steaks on grill and lower heat to medium. Grill steaks for 4 to 6 minutes, flip, and continue to grill until done, 3 to 4 minutes more for medium-rare, depending on thickness of meat and heat of grill.
- Transfer steaks to a cutting board and cover loosely with foil.
- Let stand for 5 minutes, and then slice and serve.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:22.533478498135%

Nutrients (% of daily need)

Calories: 321.15kcal (16.06%), Fat: 11.6g (17.84%), Saturated Fat: 4.73g (29.57%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 1.8g (0.65%), Sugar: 1.53g (1.7%), Cholesterol: 136.08mg (45.36%), Sodium: 323.71mg (14.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.83g (97.65%), Selenium: 67.13µg (95.9%), Vitamin B3: 14.24mg (71.18%), Vitamin B6: 1.39mg (69.54%), Zinc: 8.76mg (58.37%), Phosphorus: 463.99mg (46.4%), Vitamin B12: 2.06µg (34.4%), Potassium: 802.97mg (22.94%), Iron: 4.02mg (22.32%), Vitamin B2: 0.27mg (15.94%), Vitamin

B5: 1.44mg (14.42%), Magnesium: 53.88mg (13.47%), Vitamin B1: 0.17mg (11.27%), Copper: 0.18mg (9%), Folate: 29.81µg (7.45%), Vitamin E: 0.94mg (6.25%), Calcium: 57.64mg (5.76%), Vitamin A: 277.73IU (5.55%), Vitamin K: 3.48µg (3.31%), Manganese: 0.06mg (3.01%), Fiber: 0.42g (1.67%)