



Grilled Spice-Rubbed Flank Steak



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 6 servings accompaniment: cherry tomatoes mixed with tamarind dressing
- ☐ 1.5 lb flank steak trimmed
- ☐ 1.5 teaspoons ginger fresh grated peeled
- ☐ 2 large garlic cloves
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin

☐ 1 teaspoon kosher salt

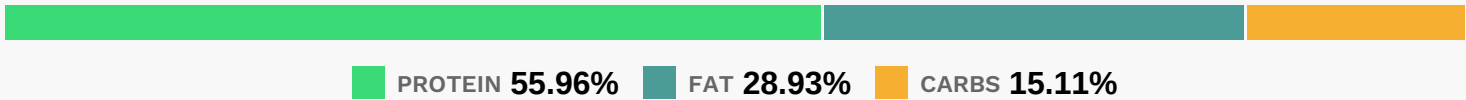
Equipment

- ☐ knife
- ☐ grill
- ☐ mortar and pestle
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Mash garlic and ginger to a paste with salt and spices using a mortar and pestle (or mince and mash with a large knife). Pat steak dry, then rub paste all over and marinate steak, covered and chilled, at least 8 hours.
- ☐ Prepare grill for cooking.
- ☐ Bring steak to room temperature (do not leave out longer than 1 hour). When fire is hot (you can hold your hand 5 inches above rack 1 to 2 seconds), grill steak on lightly oiled grill rack 5 to 8 minutes on each side for medium-rare.
- ☐ Transfer steak to a cutting board and let stand 10 minutes.
- ☐ Holding knife at a 45-degree angle, cut steak across the grain into thin slices.
- ☐ • Steak can be marinated up to 2 days. • Steak can be grilled in a hot lightly oiled well-seasoned ridged grill pan over moderately.
- ☐ Each serving contains 184 calories and 9 grams fat, not including tomato salad.
- ☐ Bon Appétit
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:17.113913204359%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 186.75kcal (9.34%), Fat: 5.95g (9.15%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 5.54g (2.02%), Sugar: 3.72g (4.13%), Cholesterol: 68.04mg (22.68%), Sodium: 464.66mg (20.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.88g (51.76%), Selenium: 34.45µg (49.22%), Vitamin C: 34.18mg (41.43%), Vitamin B6: 0.82mg (40.9%), Vitamin B3: 7.88mg (39.4%), Zinc: 4.6mg (30.64%), Phosphorus: 274.88mg (27.49%), Potassium: 726.35mg (20.75%), Vitamin B12: 1.03µg (17.2%), Iron: 2.98mg (16.58%), Vitamin A: 727.82IU (14.56%), Manganese: 0.28mg (13.91%), Copper: 0.21mg (10.31%), Magnesium: 40.94mg (10.23%), Vitamin B2: 0.17mg (9.78%), Vitamin B1: 0.14mg (9.28%), Vitamin B5: 0.92mg (9.16%), Folate: 34.13µg (8.53%), Vitamin E: 1.17mg (7.83%), Fiber: 1.44g (5.77%), Vitamin K: 5.91µg (5.63%), Calcium: 50.22mg (5.02%)