



 **58%**
HEALTH SCORE

Grilled Spicy Flank Steak with Cucumber Salad

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



1

CALORIES



1372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb beef flank steak
- 2 cucumbers english halved sliced
- 0.3 cup cilantro leaves fresh chopped
- 0.8 tsp ground pepper red divided (cayenne)
- 0.5 cup a.1. original sauce
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.3 cup juice of lime fresh

1 onion thinly sliced

Equipment

grill

cutting board

Directions

Score steak on both sides with shallow cross-cuts; place in shallow dish.

Mix A.

and 1/2 tsp. red pepper until blended.

Pour 1/4 cup over steak; turn to evenly coat both sides of steak. Refrigerate 30 min. to marinate, turning after 15 min. Meanwhile, refrigerate remaining A.

mixture until ready to use.

Heat grill to medium heat.

Remove steak from marinade; discard marinade. Grill steak 17 to 21 min. or until medium doneness, turning and brushing occasionally with remaining A.

mixture. Meanwhile, combine remaining ingredients.

Transfer steak from grill to cutting board.

Let stand 5 min. before cutting across the grain into thin slices.

Serve topped with cucumber salad.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:2.41, Inflammation Score:-10, Nutrition Score:60.33434768345%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg,

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 24.99mg, Quercetin: 24.99mg, Quercetin: 24.99mg

Nutrients (% of daily need)

Calories: 1371.79kcal (68.59%), Fat: 47.6g (73.23%), Saturated Fat: 16.16g (101.01%), Carbohydrates: 78.65g (26.22%), Net Carbohydrates: 73.05g (26.57%), Sugar: 49.55g (55.06%), Cholesterol: 408.23mg (136.08%), Sodium: 2383.38mg (103.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 152.72g (305.45%), Selenium: 204.45µg (292.08%), Vitamin B6: 4.59mg (229.4%), Vitamin B3: 43.41mg (217.04%), Zinc: 27.59mg (183.93%), Phosphorus: 1573.44mg (157.34%), Vitamin K: 153.75µg (146.43%), Vitamin B12: 6.19µg (103.19%), Potassium: 3530.89mg (100.88%), Iron: 12.77mg (70.96%), Magnesium: 249.55mg (62.39%), Vitamin B2: 1.04mg (61.07%), Vitamin B5: 6.07mg (60.73%), Vitamin C: 45.44mg (55.07%), Vitamin B1: 0.74mg (49.1%), Copper: 0.83mg (41.36%), Folate: 161.31µg (40.33%), Manganese: 0.76mg (38.19%), Vitamin A: 1515.26IU (30.31%), Calcium: 284.97mg (28.5%), Vitamin E: 4.1mg (27.32%), Fiber: 5.59g (22.36%)