



Grilled Steak with Fresh Mango Salsa



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon brown sugar
- ☐ 0.3 cup cucumber diced seeded
- ☐ 1 pound flank steak
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ginger fresh minced peeled
- ☐ 1 teaspoon garam masala
- ☐ 1 tablespoon juice of lime fresh

- ☐ 1 cup mangos fresh diced peeled (1)
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt

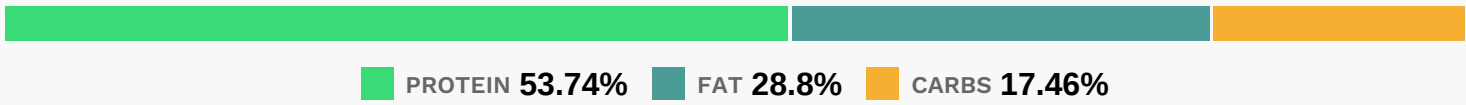
Equipment

- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine first 4 ingredients; rub evenly over both sides of steak.
- ☐ Let steak stand at room temperature for 10 minutes.
- ☐ Combine mango and next 5 ingredients (through dash of salt); cover and chill.
- ☐ Lightly coat both sides of steak with cooking spray.
- ☐ Place steak on grill rack; grill 5 minutes on each side or until desired degree of doneness.
- ☐ Remove steak from grill; let stand 5 minutes.
- ☐ Cut steak diagonally across the grain into thin slices.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:36.44, Glycemic Load:2.91, Inflammation Score:-5, Nutrition Score:13.570434850195%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 188.59kcal (9.43%), Fat: 5.91g (9.1%), Saturated Fat: 2.39g (14.97%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 7.17g (2.61%), Sugar: 6.8g (7.56%), Cholesterol: 68.04mg (22.68%), Sodium: 216.52mg (9.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.66%), Selenium: 33.74µg (48.2%), Vitamin B6: 0.74mg (37.11%), Vitamin B3: 7.35mg (36.76%), Zinc: 4.4mg (29.35%), Phosphorus: 237.64mg (23.76%), Vitamin C: 16.44mg (19.93%), Vitamin B12: 1.03µg (17.2%), Potassium: 477.4mg (13.64%), Iron: 1.87mg (10.38%), Vitamin A: 462.3IU (9.25%), Vitamin B2: 0.15mg (8.79%), Folate: 34.15µg (8.54%), Vitamin B5: 0.83mg (8.26%), Magnesium: 30.97mg (7.74%), Copper: 0.14mg (7%), Vitamin B1: 0.1mg (6.47%), Vitamin E: 0.72mg (4.78%), Vitamin K: 4.43µg (4.22%), Manganese: 0.08mg (3.94%), Fiber: 0.9g (3.58%), Calcium: 32.16mg (3.22%)