



## Grilled Tequila Garlic Lime Flank Steak

 Gluten Free

READY IN



195 min.

SERVINGS



6

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 avocados ripe seeded sliced
- 12 corn tortillas
- 1 teaspoon cumin powder
- 1.5 pounds flank steak
- 0.5 cup cilantro leaves fresh chopped
- 1 bunch cilantro leaves fresh roughly chopped
- 1 cup garlic roughly chopped ( 3 bulbs)
- 6 servings hot sauce for serving

- 1 jalapeno diced seeded
- 0.8 cup juice of lime freshly squeezed ( 8 large limes)
- 1 tablespoon freshly cracked pepper black
- 0.3 cup queso fresco cheese grated
- 1 bunch radishes cleaned sliced
- 1 serrano chiles diced seeded
- 0.3 cup soya sauce
- 0.5 cup clear tequila
- 3 vine ripened tomato sliced in wedges

## Equipment

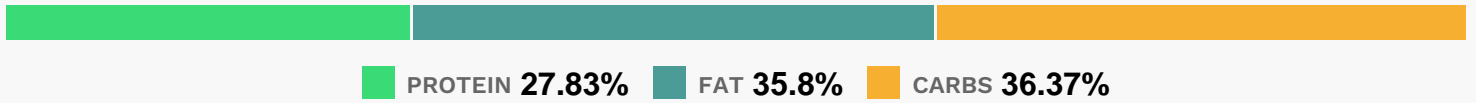
- pot
- grill
- cutting board

## Directions

- Watch how to make this recipe.
- Combine the garlic, lime juice, tequila, soy sauce,
- cilantro, peppers, cumin and black pepper in a resealable plastic gallon bag.
- Add the steak and let marinate in the refrigerator for 2 hours.
- Remove from the
- refrigerator, and let marinate at room temperature another 30 to 45 minutes.
- Prepare a grill to medium-high heat.
- Remove the steak from
- the marinade, reserving the marinade.
- Put the marinade in small saucepot and
- bring to a boil. Then strain and reserve.
- Put the tortillas on the corner of the grill and flip the
- package a few times to heat through while the steak is cooking

- Place the steak on the grill. Cook for 4 minutes, turn 180
- degrees, and cook for 3 minutes more (to create cross grill marks). Flip over
- and finish cooking for 3 to 5 minutes, depending on desired doneness.
- Remove
- from the grill to a cutting board and let rest, lightly covered, for 5 minutes.
- Slice against the grain, and serve immediately with the
- reserved marinade, garnishes, tortillas and hot sauce.

## Nutrition Facts



### Properties

Glycemic Index:58.92, Glycemic Load:13.57, Inflammation Score:-8, Nutrition Score:30.051739101825%

### Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

### Nutrients (% of daily need)

Calories: 507.3kcal (25.37%), Fat: 19.02g (29.27%), Saturated Fat: 4.95g (30.97%), Carbohydrates: 43.48g (14.49%), Net Carbohydrates: 33.7g (12.26%), Sugar: 3.9g (4.34%), Cholesterol: 72.72mg (24.24%), Sodium: 694.86mg (30.21%), Alcohol: 6.68g (100%), Alcohol %: 2.12% (100%), Protein: 33.27g (66.55%), Vitamin B6: 1.37mg (68.39%), Selenium: 41.68µg (59.54%), Phosphorus: 527.53mg (52.75%), Vitamin B3: 10.08mg (50.42%), Manganese: 0.94mg (47.22%), Vitamin C: 36.54mg (44.29%), Zinc: 6.14mg (40.93%), Fiber: 9.78g (39.1%), Potassium: 1171.58mg (33.47%), Vitamin K: 31.51µg (30.01%), Magnesium: 107.19mg (26.8%), Folate: 91.56µg (22.89%), Copper: 0.45mg (22.53%), Iron: 3.99mg (22.19%), Vitamin B5: 2.04mg (20.42%), Vitamin B2: 0.33mg (19.57%), Vitamin B12: 1.15µg (19.1%), Vitamin A: 907.87IU (18.16%), Vitamin B1: 0.27mg (17.89%), Calcium: 177.48mg (17.75%), Vitamin E: 2.48mg (16.55%), Vitamin D: 0.18µg (1.22%)