



Grilled Tequila Lime Steak



Gluten Free



Dairy Free

READY IN



400 min.

SERVINGS



8

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup juice of lime
- ☐ 2 tablespoons tequila
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon cumin seeds
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 cloves garlic peeled
- ☐ 2 lb top round boneless

☐ 1 cup salsa thick

Equipment

☐ blender

☐ grill

☐ ziploc bags

Directions

☐ In blender, place marinade ingredients. Cover and blend until mixed. Pierce beef with fork several times on both sides.

☐ Pour marinade into shallow glass or plastic dish or resealable food-storage plastic bag.

☐ Add beef; turn to coat with marinade. Cover dish or seal bag and refrigerate, turning beef occasionally, at least 6 hours but no longer than 24 hours.

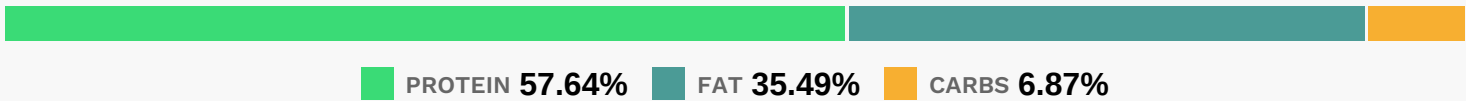
☐ Heat coals or gas grill for direct heat.

☐ Remove beef from marinade; reserve marinade. Cover and grill beef over medium heat 20 to 25 minutes for medium doneness, brushing occasionally with marinade and turning once. Discard any remaining marinade.

☐ Cut beef across grain into thin slices.

☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:14.508695571319%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 198.26kcal (9.91%), Fat: 7.34g (11.29%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.51g (0.91%), Sugar: 1.39g (1.54%), Cholesterol: 69.17mg (23.06%), Sodium: 433.69mg (18.86%), Alcohol: 1.25g (100%), Alcohol %: 0.98% (100%), Protein: 26.82g (53.63%), Selenium: 36.61µg (52.3%), Vitamin B6: 0.84mg (42.13%), Vitamin B3: 8.2mg (41.01%), Zinc: 5.28mg (35.17%), Phosphorus: 267.77mg (26.78%), Vitamin B12: 1.53µg (25.51%), Potassium: 523.46mg (14.96%), Iron: 2.5mg (13.88%), Vitamin B2: 0.18mg (10.63%), Vitamin K: 9.18µg (8.74%), Magnesium: 34.66mg (8.67%), Vitamin B5: 0.85mg (8.51%), Vitamin B1: 0.12mg (8.25%), Copper: 0.15mg (7.5%), Vitamin E: 1.07mg (7.15%), Folate: 18µg (4.5%), Vitamin A: 198.5IU (3.97%), Calcium: 38.13mg (3.81%), Vitamin C: 3.13mg (3.79%), Manganese: 0.07mg (3.69%), Fiber: 0.69g (2.75%)