



Hanger Steaks with 125th Street Malanga Mash



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons adobo seasoning
- ☐ 4 tablespoons canola oil divided
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup orange juice fresh
- ☐ 40 ounce fat-trimmed beef flank steak trimmed of fat
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 4 servings frangelico
- ☐ 4 servings frangelico

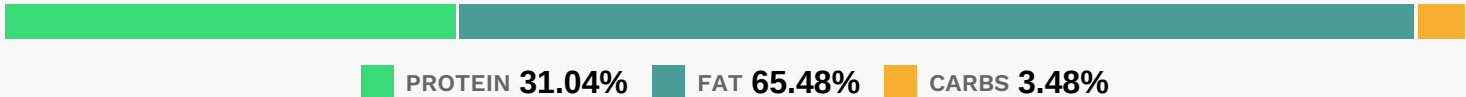
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ glass baking pan

Directions

- ☐ Sprinkle steaks with adobo seasoning.
- ☐ Place in single layer in 13x9x2-inch glass baking dish.
- ☐ Mix orange juice, lemon juice, and vinegar in bowl; pour over steaks.
- ☐ Let marinate at room temperature 1 hour.
- ☐ Heat 2 tablespoons oil in each of 2 heavy large skillets over medium-high heat.
- ☐ Remove steaks from marinade; sprinkle with salt and pepper.
- ☐ Add 2 steaks to each skillet and cook to desired doneness, about 6 minutes per side for medium-rare.
- ☐ Serve with malanga mash.
- ☐ *Available at Latin markets.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:1.74, Inflammation Score:-4, Nutrition Score:28.934782914493%

Flavonoids

Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 5.91mg, Hesperetin: 5.91mg, Hesperetin: 5.91mg, Hesperetin: 5.91mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 742.09kcal (37.1%), Fat: 54.21g (83.39%), Saturated Fat: 18.88g (118.02%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 6.1g (2.22%), Sugar: 3.06g (3.4%), Cholesterol: 172.93mg (57.64%), Sodium: 150.28mg (6.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.81g (115.62%), Selenium: 69.94µg (99.91%), Zinc: 14.66mg (97.72%), Vitamin B12: 4.71µg (78.43%), Vitamin B3: 14.04mg (70.21%), Vitamin B6: 1.2mg (60.01%), Phosphorus: 427.74mg (42.77%), Vitamin B2: 0.69mg (40.79%), Iron: 5.15mg (28.63%), Vitamin C: 21.48mg (26.03%), Potassium: 876.19mg (25.03%), Vitamin B1: 0.29mg (19.61%), Vitamin E: 2.51mg (16.7%), Magnesium: 66.47mg (16.62%), Vitamin K: 14.28µg (13.6%), Copper: 0.25mg (12.7%), Folate: 22.26µg (5.57%), Calcium: 26.99mg (2.7%), Vitamin A: 105.44IU (2.11%), Manganese: 0.04mg (1.95%), Vitamin D: 0.28µg (1.89%), Fiber: 0.38g (1.51%), Vitamin B5: 0.1mg (1.01%)