



HERDEZ® Chipotle Flank Steak

 Gluten Free  Dairy Free

READY IN



262 min.

SERVINGS



6

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups herdez® chipotle mexican cooking sauce traditional
- ☐ 1 bunch cilantro leaves coarsely chopped
- ☐ 2 pound flank steak
- ☐ 4 large cloves garlic
- ☐ 2 teaspoons ground cumin
- ☐ 1 jalapeno seeded coarsely chopped
- ☐ 1 juice of lime juiced
- ☐ 1 tablespoon olive oil

- ☐ 0.5 onion coarsely chopped
- ☐ 1 teaspoon mexican oregano dried
- ☐ 0.5 teaspoon salt

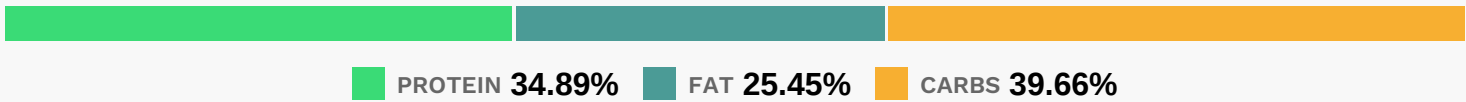
Equipment

- ☐ food processor
- ☐ blender
- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Place the Mexican Cooking Sauce, lime juice, vegetable oil, onion, garlic cloves, jalapeno pepper, cilantro, cumin, oregano, and salt in the container of a blender or food processor. Blend or pulse until mixture is smooth, and ingredients are finely incorporated into the sauce. Reserve 1/2 cup of the mixture for basting.
- ☐ Trim steak of any visible fat.
- ☐ Place steak in a non-metallic baking dish or sealable plastic bag.
- ☐ Add marinade; turn meat to coat. Cover and refrigerate at least 4 hours or overnight, turning meat one or more times while marinating.
- ☐ Preheat grill to medium-high heat.
- ☐ Drain meat and discard marinade. Grill skirt steak about 7 minutes over direct heat with cover closed. Turn meat then baste meat with reserved sauce; grill with cover closed 3 minutes more or until cooked as desired. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C) for medium-rare doneness.
- ☐ Brush any remaining sauce on steak and serve with warm corn tortillas and salsa.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:19.43869573137%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 434.03kcal (21.7%), Fat: 12.56g (19.33%), Saturated Fat: 4.35g (27.19%), Carbohydrates: 44.07g (14.69%), Net Carbohydrates: 26.64g (9.69%), Sugar: 25.13g (27.93%), Cholesterol: 90.72mg (30.24%), Sodium: 327.48mg (14.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.76g (77.53%), Fiber: 17.43g (69.72%), Selenium: 45.01µg (64.3%), Vitamin B6: 0.97mg (48.53%), Vitamin B3: 9.54mg (47.69%), Zinc: 5.89mg (39.23%), Phosphorus: 316.9mg (31.69%), Vitamin B12: 1.38µg (22.93%), Iron: 2.98mg (16.57%), Potassium: 571.73mg (16.34%), Vitamin K: 12.76µg (12.15%), Vitamin B2: 0.19mg (11%), Vitamin B5: 1mg (10%), Magnesium: 39.12mg (9.78%), Vitamin B1: 0.12mg (8.33%), Vitamin C: 5.99mg (7.26%), Copper: 0.13mg (6.67%), Folate: 24.27µg (6.07%), Vitamin E: 0.84mg (5.59%), Manganese: 0.11mg (5.5%), Calcium: 51mg (5.1%), Vitamin A: 132.13IU (2.64%)