

Jalapeno Steak



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



6

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon coarse salt
- ☐ 4 cloves garlic peeled
- ☐ 4 jalapeño peppers stemmed
- ☐ 0.3 cup juice of lime
- ☐ 1 tablespoon oregano dried
- ☐ 1.5 teaspoons cracked pepper black
- ☐ 1.5 pounds beef top sirloin steaks

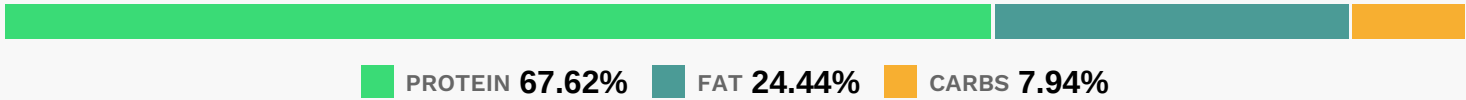
Equipment

- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine jalapenos, garlic, pepper, salt, lime juice and oregano in a blender. Blend until smooth.
- ☐ Place steak in a shallow pan or large resealable plastic bag.
- ☐ Pour jalapeno marinade over the steak, and turn to coat. Cover pan or seal bag; marinate in the refrigerator 8 hours or overnight.
- ☐ Preheat an outdoor grill for high heat, and lightly oil the grill grate.
- ☐ Drain and discard marinade. Grill steak 5 minutes per side, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.37, Inflammation Score:-7, Nutrition Score:13.904347813648%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 155.69kcal (7.78%), Fat: 4.12g (6.34%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 2.19g (0.8%), Sugar: 0.61g (0.68%), Cholesterol: 66.9mg (22.3%), Sodium: 1227.37mg (53.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.64g (51.27%), Selenium: 35.32µg (50.46%), Vitamin B6: 0.79mg (39.5%), Vitamin B3: 7.53mg (37.64%), Zinc: 4.61mg (30.74%), Phosphorus: 248.19mg (24.82%), Vitamin C: 14.74mg (17.86%), Vitamin B12: 1.07µg (17.77%), Potassium: 465.18mg (13.29%), Iron: 2.26mg (12.54%), Vitamin B2: 0.15mg (8.92%), Vitamin K: 9.07µg (8.64%), Manganese: 0.17mg (8.26%), Vitamin B5: 0.81mg (8.1%), Magnesium: 31.92mg (7.98%), Vitamin B1: 0.1mg (6.49%), Copper: 0.11mg (5.66%), Vitamin E: 0.83mg (5.55%), Folate: 20.39µg

(5.1%), Calcium: 47.34mg (4.73%), Fiber: 0.82g (3.3%), Vitamin A: 122.75IU (2.45%)