



Marinated Flank Steak with Cranberry-Raspberry Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chili sauce
- ☐ 0.5 cup cilantro leaves
- ☐ 2 pounds flank steak
- ☐ 16 8-inch flour tortilla ()
- ☐ 0.8 cup spring onion sliced (2-inch)
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon jalapeno seeded chopped

- ☐ 0.3 cup juice of lime
- ☐ 1 tablespoon juice of lime
- ☐ 3 drops hot sauce hot
- ☐ 1.3 ounce taco seasoning low-sodium

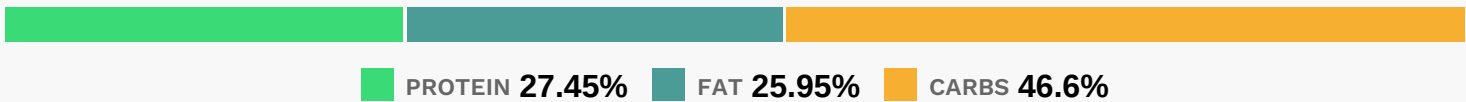
Equipment

- ☐ food processor
- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Combine first 4 ingredients in a small bowl. Trim fat from steak.
- ☐ Place steak in an electric slow cooker; add chili sauce mixture, turning the steak to coat. Cover with lid, and cook on high-heat setting for 1 hour. Reduce heat setting to low; cook for 9 hours.
- ☐ Combine the onions, cilantro, and jalapeo pepper in a food processor, and pulse 5 times or until finely chopped.
- ☐ Add 1 tablespoon lime juice, cumin, and cranberry-raspberry crushed fruit, and process until smooth. Spoon mixture into a bowl; cover and chill.
- ☐ Remove steak from slow cooker, discarding the cooking liquid. Shred steak. Warm tortillas according to package directions.
- ☐ Spread about 1 1/2 tablespoons salsa over each tortilla. Spoon about 1/2 cup shredded steak down center of each tortilla; roll up.

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:8.04, Inflammation Score:-5, Nutrition Score:12.650869628657%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 245.38kcal (12.27%), Fat: 6.97g (10.72%), Saturated Fat: 2.67g (16.7%), Carbohydrates: 28.16g (9.39%), Net Carbohydrates: 25.67g (9.33%), Sugar: 3.11g (3.46%), Cholesterol: 34.02mg (11.34%), Sodium: 647.53mg (28.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.17%), Selenium: 28.19µg (40.28%), Vitamin B3: 5.91mg (29.54%), Phosphorus: 225.33mg (22.53%), Vitamin B1: 0.31mg (20.43%), Vitamin B6: 0.39mg (19.51%), Iron: 3.08mg (17.09%), Zinc: 2.48mg (16.54%), Vitamin K: 16.04µg (15.28%), Folate: 59.75µg (14.94%), Manganese: 0.27mg (13.69%), Vitamin B2: 0.22mg (12.85%), Fiber: 2.5g (9.99%), Calcium: 92.88mg (9.29%), Vitamin B12: 0.52µg (8.6%), Potassium: 298.77mg (8.54%), Vitamin A: 331.61IU (6.63%), Magnesium: 26.26mg (6.56%), Vitamin C: 5.37mg (6.51%), Copper: 0.11mg (5.39%), Vitamin B5: 0.46mg (4.56%), Vitamin E: 0.33mg (2.22%)