



Penne with Chili-Rubbed Flank Steak and Pineapple Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



521 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 teaspoon chili powder
- 0.3 cup cilantro leaves chopped
- 0.3 cup cooking oil
- 1 pound flank steak
- 0.3 teaspoon fresh-ground pepper black
- 0.5 jalapeno with seeds, chopped
- 1 tablespoon juice of lime

- 0.5 pound penne pasta
- 0.5 cup pineapple crushed drained (from an 8-ounce can)
- 1 small onion red chopped
- 0.8 teaspoon salt

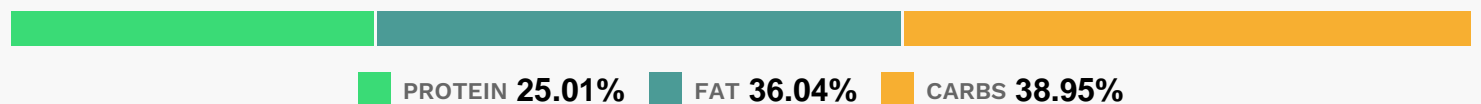
Equipment

- bowl
- pot
- broiler

Directions

- Heat the broiler. Rub the flank steak with the 1 teaspoon oil, 1/2 teaspoon of the chili powder, and 1/4 teaspoon of the salt. Broil the meat until medium rare, about 4 minutes per side.
- Let it rest for 5 minutes and then cut it diagonally into slices.
- In a large glass or stainless-steel bowl, combine the pineapple, the remaining 1/4 cup oil, the jalapeo pepper, onion, lime juice, cilantro, black pepper, and the remaining 1/2 teaspoon salt and 1/4 teaspoon chili powder. Stir in the sliced steak.
- In a large pot of boiling, salted water, cook the penne until just done, about 13 minutes.
- Drain and toss with the salsa and steak.
- Wine Recommendation: The combination of flavors in this dish welcomes an exuberantly fruity bottle of merlot with soft tannins. Experiment with one from a California producer.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:17.63, Inflammation Score:-6, Nutrition Score:20.484782550646%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin:

1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 521.26kcal (26.06%), Fat: 20.66g (31.78%), Saturated Fat: 3.57g (22.29%), Carbohydrates: 50.24g (16.75%), Net Carbohydrates: 47.32g (17.21%), Sugar: 7.07g (7.85%), Cholesterol: 68.04mg (22.68%), Sodium: 507.69mg (22.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.26g (64.53%), Selenium: 69.65µg (99.49%), Vitamin B6: 0.84mg (42.01%), Vitamin B3: 8.22mg (41.12%), Zinc: 5.25mg (34.99%), Phosphorus: 349.05mg (34.91%), Manganese: 0.6mg (29.9%), Vitamin E: 3.09mg (20.62%), Potassium: 612.95mg (17.51%), Vitamin B12: 1.03µg (17.2%), Magnesium: 63.79mg (15.95%), Iron: 2.73mg (15.17%), Vitamin K: 15.76µg (15.01%), Copper: 0.3mg (14.94%), Vitamin B1: 0.18mg (11.92%), Fiber: 2.92g (11.68%), Vitamin B2: 0.19mg (10.9%), Vitamin B5: 1.01mg (10.14%), Vitamin C: 8.29mg (10.05%), Folate: 33.24µg (8.31%), Calcium: 50.24mg (5.02%), Vitamin A: 215.43IU (4.31%)