



Peppered Flank Steak and Salsa



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound flank steak trimmed
- ☐ 2 tablespoons spring onion sliced
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon pepper white

- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 4 teaspoons oregano fresh chopped
- ☐ 2 teaspoons red wine vinegar
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups tomatoes diced red yellow

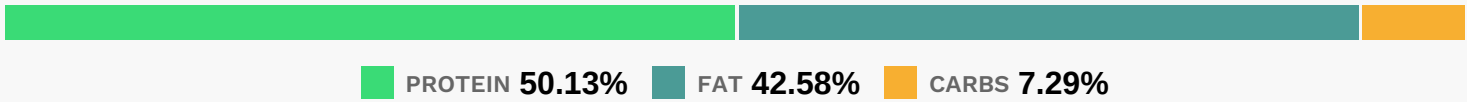
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine first 6 ingredients in a small bowl. Rub spice mixture evenly over both sides of steak.
- ☐ Place steak on grill rack coated with cooking spray; grill 6 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Combine 1 1/2 cups tomato and remaining ingredients.
- ☐ Serve salsa over steak.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:0.12, Inflammation Score:-9, Nutrition Score:15.070869730866%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 203.51kcal (10.18%), Fat: 9.5g (14.61%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 2.16g (0.78%), Sugar: 0.17g (0.18%), Cholesterol: 68.04mg (22.68%), Sodium: 437.25mg (19.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.16g (50.32%), Selenium: 33.84µg (48.34%), Vitamin B3: 7.81mg (39.04%), Vitamin B6: 0.74mg (37.08%), Zinc: 4.58mg (30.54%), Phosphorus: 254.75mg (25.48%), Vitamin K: 22.69µg (21.61%), Vitamin B12: 1.03µg (17.2%), Iron: 3.06mg (16.97%), Potassium: 567.29mg (16.21%), Manganese: 0.24mg (11.94%), Vitamin B2: 0.17mg (10.02%), Magnesium: 39.38mg (9.85%), Folate: 37.2µg (9.3%), Vitamin E: 1.24mg (8.3%), Copper: 0.16mg (8%), Vitamin B5: 0.8mg (7.97%), Vitamin B1: 0.11mg (7.38%), Calcium: 69.08mg (6.91%), Vitamin C: 5.43mg (6.59%), Fiber: 1.5g (6%), Vitamin A: 94.82IU (1.9%)