



Sizzlin' Cuban Beefstro

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings black bean–pineapple salsa
- 2 tablespoons enova oil
- 1.5 teaspoons mccormick gourmet collection chili powder mexican style
- 32 oz beef flat iron steaks 1-inch–thick ()
- 2 tablespoons cilantro leaves fresh chopped
- 4 servings garnishes: lime wedges
- 0.5 cup onion red finely chopped
- 0.3 cup lite soy sauce

Equipment

grill

Directions

- Place first 4 ingredients in a large zip-top plastic freezer bag; seal and turn steaks to coat. Chill at least 15 minutes or up to 2 hours.
- Remove steaks from marinade, discarding marinade.
- Coat cold cooking grate with cooking spray, and place on grill over medium heat (300 to 350).
- Place steaks on cooking grate, and grill 5 to 7 minutes on each side or to desired degree of doneness.
- Serve steaks with Black Bean–Pineapple Salsa, chopped red onion, and chopped cilantro.
- Garnish, if desired.

Nutrition Facts

 **PROTEIN 38.09%** **FAT 59.09%** **CARBS 2.82%**

Properties

Glycemic Index:26.5, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:27.319999881413%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 481.49kcal (24.07%), Fat: 31.03g (47.74%), Saturated Fat: 9.49g (59.32%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 2.52g (0.92%), Sugar: 1.28g (1.42%), Cholesterol: 149.69mg (49.9%), Sodium: 991.04mg (43.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.01g (90.02%), Vitamin B12: 11.45µg (190.89%), Zinc: 15.73mg (104.9%), Selenium: 67.96µg (97.09%), Vitamin B6: 0.91mg (45.43%), Phosphorus: 444.48mg (44.45%), Vitamin B3: 8.44mg (42.22%), Iron: 5.9mg (32.77%), Vitamin B2: 0.55mg (32.34%), Vitamin B5: 2.25mg (22.48%), Potassium: 777.43mg (22.21%), Vitamin B1: 0.24mg (16.31%), Copper: 0.31mg (15.29%), Magnesium: 56.66mg

(14.16%), Vitamin E: 1.91mg (12.72%), Vitamin K: 7.85µg (7.48%), Manganese: 0.15mg (7.41%), Vitamin A: 236.77IU (4.74%), Folate: 13.63µg (3.41%), Fiber: 0.81g (3.23%), Calcium: 24.05mg (2.4%), Vitamin C: 1.83mg (2.22%)