



Slow-Cooker Cuban Flank Steak

 **Gluten Free**  **Dairy Free**

READY IN



510 min.

SERVINGS



8

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large onion thinly sliced
- 1 medium bell pepper red cut into strips (1 1/2 cups)
- 1 medium bell pepper green cut into strips (1 1/2 cups)
- 2 lb flank steak cut into 8 pieces
- 2 tablespoons chili powder
- 1 teaspoon oregano dried
- 2 teaspoons garlic dried minced
- 1 teaspoon salt

- 2 tablespoons juice of lime
- 1 cup beef broth flavored (from 32-oz carton)
- 2 cups rice long-grain white uncooked
- 15 oz black beans rinsed drained canned

Equipment

- slow cooker
- cutting board

Directions

- Spray 3 1/2- to 4-quart slow cooker with cooking spray. In cooker, place onion and peppers. Top with beef.
- Sprinkle with chili powder, oregano, garlic and salt.
- Drizzle with lime juice.
- Add broth.
- Cover; cook on Low heat setting 8 to 10 hours.
- About 20 minutes before serving, cook rice as directed on package.
- Remove beef from cooker; place on cutting board. Shred beef with 2 forks; return to cooker and mix well. Stir in black beans. Increase heat setting to High. Cover; cook about 15 minutes longer or until thoroughly heated.
- Serve beef and sauce over rice.

Nutrition Facts



PROTEIN 32.7% FAT 15.12% CARBS 52.18%

Properties

Glycemic Index:17.52, Glycemic Load:22.9, Inflammation Score:-8, Nutrition Score:23.026956724084%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:

0.01mg, Naringenin: 0.01mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin:
0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg 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: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 398.7kcal (19.94%), Fat: 6.59g (10.14%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 51.16g (17.05%), Net
Carbohydrates: 45.12g (16.41%), Sugar: 2.07g (2.3%), Cholesterol: 68.04mg (22.68%), Sodium: 703.99mg (30.61%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.06g (64.12%), Selenium: 42.05µg (60.07%), Vitamin B6:
0.95mg (47.58%), Vitamin B3: 8.86mg (44.29%), Vitamin C: 34.98mg (42.4%), Manganese: 0.76mg (37.84%),
Phosphorus: 365.84mg (36.58%), Zinc: 5.34mg (35.61%), Fiber: 6.04g (24.15%), Vitamin A: 1122.4IU (22.45%),
Potassium: 760.13mg (21.72%), Iron: 3.82mg (21.21%), Vitamin B12: 1.05µg (17.55%), Copper: 0.33mg (16.65%),
Magnesium: 65.4mg (16.35%), Folate: 65.24µg (16.31%), Vitamin B2: 0.27mg (15.69%), Vitamin B1: 0.22mg (14.92%),
Vitamin B5: 1.4mg (14.02%), Vitamin E: 1.5mg (9.97%), Calcium: 75.9mg (7.59%), Vitamin K: 7.01µg (6.67%)