



Smoked Flank Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pound flank steak trimmed
- ☐ 4 garlic cloves minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons paprika smoked spanish
- ☐ 2 cups hickory wood chips

☐ 2 cups water

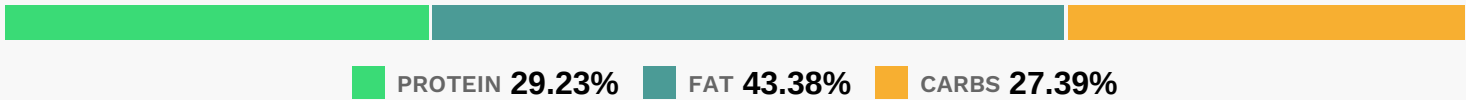
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Combine first 6 ingredients in a small bowl, stirring well.
- ☐ Place steak in a shallow dish; rub spice mixture evenly over both sides of steak. Cover and refrigerate 8 hours or overnight.
- ☐ Soak wood chips in water 1 hour; drain.
- ☐ Prepare grill for indirect grilling, heating one side to low and leaving one side with no heat. Maintain temperature at 200 to 22
- ☐ Place wood chips on hot coals.
- ☐ Place a disposable aluminum foil pan on unheated side of grill.
- ☐ Pour 2 cups water in pan. Coat grill rack with cooking spray; place on grill.
- ☐ Place steak on grill rack over foil pan on unheated side. Close lid; grill 1 hour and 5 minutes or until steak is medium-rare or until desired degree of doneness, turning once.
- ☐ Remove steak from grill; cover and let stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:13.23, Inflammation Score:-5, Nutrition Score:15.991304309472%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 368.39kcal (18.42%), Fat: 17.74g (27.29%), Saturated Fat: 5.96g (37.28%), Carbohydrates: 25.21g (8.4%), Net Carbohydrates: 21.23g (7.72%), Sugar: 0.11g (0.12%), Cholesterol: 68.04mg (22.68%), Sodium: 646.25mg (28.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.9g (53.8%), Selenium: 34.26µg (48.94%), Vitamin B3: 8.95mg (44.74%), Vitamin B6: 0.87mg (43.55%), Zinc: 4.7mg (31.36%), Phosphorus: 299.07mg (29.91%), Potassium: 763.93mg (21.83%), Iron: 3.44mg (19.09%), Vitamin B12: 1.03µg (17.2%), Fiber: 3.97g (15.9%), Manganese: 0.26mg (13.11%), Vitamin B5: 1.17mg (11.69%), Magnesium: 44.68mg (11.17%), Vitamin B1: 0.15mg (10.06%), Vitamin B2: 0.17mg (9.9%), Folate: 32.59µg (8.15%), Vitamin A: 354.34IU (7.09%), Copper: 0.14mg (6.95%), Vitamin C: 5.72mg (6.93%), Calcium: 45.99mg (4.6%), Vitamin E: 0.56mg (3.73%), Vitamin K: 2µg (1.9%)