



Sobrebarriga al Horno (Colombian-Style Baked Flank Steak)

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bread crumbs
- 1 beer dark
- 2 pounds flank steak
- 1 cup aliños sauce
- 4 servings salt and pepper
- 8 cups water

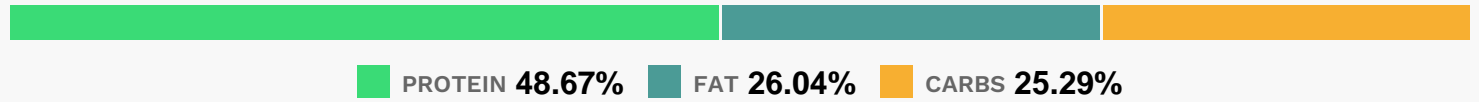
Equipment

- bowl
- baking sheet
- oven
- pot

Directions

- In a pot, place the flank steak, water, aliños sauce salt and pepper. Cook over medium heat for about 2 hours or until the meat is cooked.
- Remove the beef from the pot and drain.
- Place the beef in a bowl, add the beer and let sit for 15 minutes. Preheat the oven to 350°F.
- Place the beef on a greased baking sheet, top with the bread crumbs and place in the oven. Cook for about 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:24.031739017238%

Nutrients (% of daily need)

Calories: 436.3kcal (21.82%), Fat: 12.11g (18.64%), Saturated Fat: 4.87g (30.41%), Carbohydrates: 26.46g (8.82%), Net Carbohydrates: 25.86g (9.4%), Sugar: 14.5g (16.11%), Cholesterol: 136.08mg (45.36%), Sodium: 1146.24mg (49.84%), Alcohol: 0.01g (100%), Alcohol %: 0% (100%), Protein: 50.94g (101.88%), Selenium: 70.31µg (100.44%), Vitamin B3: 15.02mg (75.1%), Vitamin B6: 1.39mg (69.43%), Zinc: 8.93mg (59.53%), Phosphorus: 480.44mg (48.04%), Vitamin B12: 2.11µg (35.19%), Iron: 4.15mg (23.04%), Potassium: 799.94mg (22.86%), Vitamin B1: 0.29mg (19.59%), Vitamin B2: 0.32mg (18.55%), Magnesium: 60.45mg (15.11%), Vitamin B5: 1.5mg (15.03%), Copper: 0.28mg (13.79%), Folate: 43.94µg (10.99%), Calcium: 86.66mg (8.67%), Manganese: 0.15mg (7.48%), Vitamin E: 0.67mg (4.46%), Vitamin K: 3.61µg (3.44%), Fiber: 0.61g (2.43%)