



Sobrebarriga en Salsa Criolla (Flank Steak with Colombian Creole Sauce)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds flank steak
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground achiote
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 large onion thinly sliced
- ☐ 1 bell pepper diced red
- ☐ 6 servings salt and pepper

- ☐ 3 scallions diced
- ☐ 4 tomatoes diced
- ☐ 2 tablespoons vegetable oil
- ☐ 8 cups water

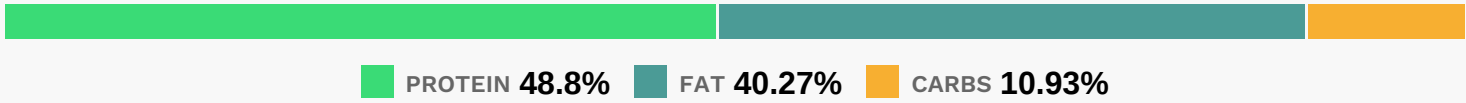
Equipment

- ☐ pot

Directions

- ☐ In a pot, place the flank steak, water, onion, scallions, garlic, salt and pepper. Cook over medium-low heat for about 3 hours or until the meat is tender.
- ☐ Remove the beef from the pot and set aside
- ☐ Place the cooked flank steak on a plate and drizzle with the creole sauce.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:1.79, Inflammation Score:-8, Nutrition Score:22.542608945266%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 281.17kcal (14.06%), Fat: 12.4g (19.07%), Saturated Fat: 3.88g (24.24%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 5.55g (2.02%), Sugar: 4.2g (4.67%), Cholesterol: 90.72mg (30.24%), Sodium: 297mg (12.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.8g (67.6%), Selenium: 44.94µg (64.19%), Vitamin B6: 1.08mg (54.24%), Vitamin B3: 10.17mg (50.86%), Vitamin C: 39.92mg (48.39%), Zinc: 6.1mg (40.65%), Phosphorus: 342.09mg (34.21%), Vitamin K: 30.15µg (28.71%), Vitamin A: 1366.57IU (27.33%), Potassium: 811.86mg (23.2%), Vitamin B12: 1.38µg (22.93%), Iron: 2.91mg (16.15%), Magnesium: 52.38mg (13.1%), Vitamin B2: 0.22mg (12.91%), Folate: 49.72µg (12.43%), Copper: 0.23mg (11.6%), Vitamin B5: 1.13mg (11.3%), Vitamin B1: 0.17mg (11.18%), Vitamin E:

1.61mg (10.73%), Manganese: 0.2mg (9.85%), Fiber: 2.02g (8.08%), Calcium: 64.36mg (6.44%)