



Southwest Herb Flank Steak



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound flank steak
- ☐ 1 cup plum tomatoes chopped (roma) (4 to 6 tomatoes)
- ☐ 0.3 cup juice of lime
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.3 teaspoon salt

Equipment

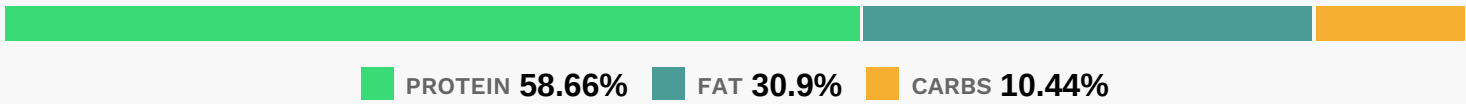
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ broiler pan
- ☐ glass baking pan

Directions

- ☐ Score steak on both sides; place in large resealable food-storage plastic bag or ungreased 13x9-inch (3-quart) glass baking dish.
- ☐ In medium bowl, mix remaining ingredients; spoon over steak. Seal bag or cover baking dish with plastic wrap.
- ☐ Let stand at room temperature 15 minutes.
- ☐ Set oven control to broil. Spray broiler pan with cooking spray.
- ☐ Place steak on pan; brush with liquid from bag or dish. Reserve tomatoes. Broil with top of steak 4 to 6 inches from heat 10 to 15 minutes or until steak is desired doneness, turning once.
- ☐ With slotted spoon, spoon tomatoes onto steak; discard remaining liquid. Broil 3 to 5 minutes longer until tomatoes are lightly browned.
- ☐ Cut steak diagonally across grain into thin slices to serve.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.62, Inflammation Score:-9, Nutrition Score:14.579565317734%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 173.16kcal (8.66%), Fat: 5.85g (9.01%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3.14g (1.14%), Sugar: 1.86g (2.07%), Cholesterol: 68.04mg (22.68%), Sodium: 209.15mg (9.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25g (50.01%), Selenium: 33.53µg (47.9%), Vitamin B6: 0.75mg (37.63%), Vitamin B3: 7.5mg (37.48%), Zinc: 4.49mg (29.94%), Phosphorus: 247.37mg (24.74%), Vitamin B12: 1.03µg (17.2%), Potassium: 561.91mg (16.05%), Vitamin C: 12.75mg (15.46%), Vitamin K: 14.83µg (14.12%), Iron: 2.39mg (13.26%), Vitamin A: 541.76IU (10.84%), Magnesium: 36.12mg (9.03%), Vitamin B2: 0.15mg (8.88%), Vitamin B5: 0.8mg (7.99%), Manganese: 0.15mg (7.33%), Vitamin B1: 0.11mg (7.32%), Folate: 28.27µg (7.07%), Copper: 0.13mg (6.52%), Vitamin E: 0.92mg (6.12%), Fiber: 1.31g (5.24%), Calcium: 52.1mg (5.21%)