



## Southwestern Grilled Flank Steak



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 1.5 pound flank steak lean ( 3/)
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons ground cumin
- ☐ 2 tablespoons hungarian paprika sweet
- ☐ 0.5 teaspoon salt

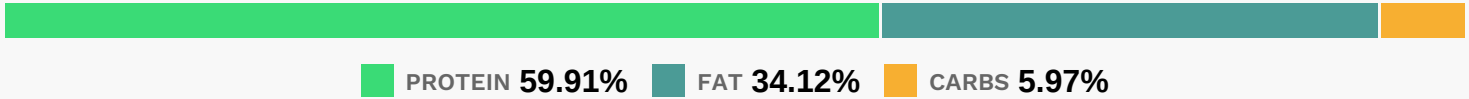
### Equipment

- ☐ grill

# Directions

- ☐ Trim excess fat from steak.
- ☐ Combine paprika and next 4 ingredients; rub over both sides of steak.
- ☐ Place steak in a dish; cover and marinate in refrigerator at least 4 hours or overnight.
- ☐ Prepare grill.
- ☐ Place steak on grill rack coated with cooking spray; cover and grill 4 minutes on each side or until desired degree of doneness.
- ☐ Remove steak from grill; let stand 5 minutes before slicing.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ carbo rating: 1

## Nutrition Facts



## Properties

Glycemic Index:4.17, Glycemic Load:0.08, Inflammation Score:-8, Nutrition Score:14.493043499796%

## Nutrients (% of daily need)

Calories: 169.02kcal (8.45%), Fat: 6.31g (9.71%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 2.49g (0.83%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.36g (0.4%), Cholesterol: 68.04mg (22.68%), Sodium: 278.5mg (12.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.94g (49.89%), Selenium: 33.92µg (48.45%), Vitamin B6: 0.77mg (38.37%), Vitamin B3: 7.49mg (37.43%), Vitamin A: 1554.04IU (31.08%), Zinc: 4.54mg (30.27%), Phosphorus: 243.93mg (24.39%), Vitamin B12: 1.03µg (17.2%), Iron: 2.94mg (16.34%), Potassium: 479.28mg (13.69%), Vitamin E: 1.55mg (10.31%), Vitamin B2: 0.17mg (10.23%), Magnesium: 33.73mg (8.43%), Vitamin B5: 0.79mg (7.86%), Manganese: 0.15mg (7.66%), Vitamin B1: 0.1mg (6.46%), Fiber: 1.53g (6.1%), Copper: 0.12mg (5.99%), Vitamin K: 4.78µg (4.56%), Calcium: 43.22mg (4.32%), Folate: 16.35µg (4.09%)