



Spice-Rubbed Flank Steak with Fresh Salsa



Gluten Free



Dairy Free

READY IN



32 min.

SERVINGS



6

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 teaspoon chipotle chile powder
- ☐ 1.5 pound flank steak trimmed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 teaspoon ground pepper red

- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 teaspoons paprika
- ☐ 0.5 cup onion red finely chopped
- ☐ 2 cups tomatoes seeded chopped

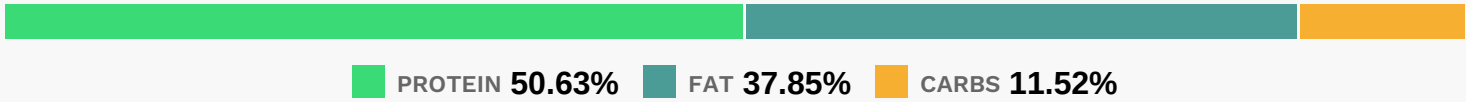
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to high heat.
- ☐ To prepare salsa, combine first 7 ingredients in a bowl.
- ☐ To prepare steak, combine garlic powder and the next 6 ingredients (through cinnamon).
- ☐ Brush both sides of steak with olive oil, and sprinkle with spice mixture.
- ☐ Place the steak on grill rack coated with cooking spray, and grill 4 minutes on each side or until desired degree of doneness.
- ☐ Let stand for 5 minutes.
- ☐ Cut the steak diagonally across grain into thin slices.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:0.87, Inflammation Score:-7, Nutrition Score:14.948261012202%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 202.33kcal (10.12%), Fat: 8.42g (12.96%), Saturated Fat: 2.74g (17.11%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 4.14g (1.51%), Sugar: 2.45g (2.73%), Cholesterol: 68.04mg (22.68%), Sodium: 260.08mg (11.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.35g (50.7%), Selenium: 33.75µg (48.22%), Vitamin B6: 0.77mg (38.71%), Vitamin B3: 7.5mg (37.52%), Zinc: 4.54mg (30.29%), Phosphorus: 254.46mg (25.45%), Vitamin B12: 1.03µg (17.2%), Vitamin A: 836.09IU (16.72%), Potassium: 574.98mg (16.43%), Iron: 2.6mg (14.43%), Vitamin C: 10.35mg (12.55%), Manganese: 0.19mg (9.57%), Vitamin K: 9.96µg (9.48%), Vitamin B2: 0.16mg (9.3%), Magnesium: 37.19mg (9.3%), Vitamin B5: 0.81mg (8.13%), Vitamin E: 1.22mg (8.13%), Vitamin B1: 0.12mg (7.84%), Copper: 0.14mg (6.92%), Folate: 26.66µg (6.66%), Fiber: 1.63g (6.51%), Calcium: 44.52mg (4.45%)