

Spicy Flank Steak

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds flank steak cut into strips
- 1 teaspoon garlic salt
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 pinch ground pepper black
- 2 teaspoons paprika
- 0.5 cup ranch dressing

Equipment

- baking sheet
- oven
- broiler
- ziploc bags

Directions

- In a large resealable plastic bag, mix the paprika, coriander, cumin, garlic salt, and pepper.
- Place steak in the bag, and shake to coat. Allow to sit 20 minutes in the refrigerator.
- Preheat the oven broiler. Lightly grease a baking sheet.
- Arrange steak on the baking sheet, and broil 5 minutes on each side, or to desired doneness.
- Serve with Ranch dressing for dipping.

Nutrition Facts

PROTEIN 45.15% **FAT 51.82%** **CARBS 3.03%**

Properties

Glycemic Index:8.67, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:17.282608783116%

Nutrients (% of daily need)

Calories: 299.55kcal (14.98%), Fat: 16.81g (25.87%), Saturated Fat: 4.56g (28.49%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 1.63g (0.59%), Sugar: 1.02g (1.14%), Cholesterol: 95.92mg (31.97%), Sodium: 649.72mg (28.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.96g (65.93%), Selenium: 45.56µg (65.08%), Vitamin B3: 9.54mg (47.69%), Vitamin B6: 0.94mg (46.9%), Zinc: 5.92mg (39.46%), Phosphorus: 350.79mg (35.08%), Vitamin K: 29.21µg (27.82%), Vitamin B12: 1.41µg (23.5%), Iron: 3.09mg (17.14%), Potassium: 564.25mg (16.12%), Vitamin B2: 0.2mg (11.98%), Vitamin B5: 1.13mg (11.29%), Magnesium: 40.13mg (10.03%), Vitamin B1: 0.12mg (7.99%), Vitamin E: 1.1mg (7.33%), Vitamin A: 344.52IU (6.89%), Copper: 0.13mg (6.59%), Folate: 20.85µg (5.21%), Calcium: 50.13mg (5.01%), Manganese: 0.07mg (3.68%), Fiber: 0.59g (2.34%)