



## Spicy Lime-Cilantro Marinated Flank Steak

 Gluten Free  Dairy Free

READY IN



498 min.

SERVINGS



9

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 pounds beef flank steak
- 1 medium jalapeño chile pepper
- 1 cup cilantro leaves loosely packed
- 0.8 cup corn oil
- 2 tablespoons thyme leaves fresh
- 6 cloves garlic
- 2 tablespoons honey
- 2 juice of lime juiced

9 servings kosher salt to taste

0.5 onion red chopped

## Equipment

food processor

bowl

blender

grill

## Directions

Puree the garlic, onion, lime juice, jalapeno, thyme, cilantro, corn oil, and honey into the bowl of a blender or food processor until the ingredients are well incorporated. Marinate the flank steak with 1/2 cup of the puree in a resealable bag overnight in the refrigerator. Reserve the rest of the puree to use later as a sauce.

Preheat a grill for medium-high heat.

While grill is warming, remove the meat from the refrigerator and let sit at room temperature for at least 30 minutes. Discard any marinade left in the bag. Liberally season the steak with the kosher salt, and cook to desired doneness, approximately 4 minutes per side for medium-rare.

To serve, slice the steak against the grain into 1/8 to 1/4 inch slices, and drizzle the remaining marinade over the meat.

## Nutrition Facts

 **PROTEIN 50.81%**  **FAT 39.6%**  **CARBS 9.59%**

## Properties

Glycemic Index:24.25, Glycemic Load:2.41, Inflammation Score:-9, Nutrition Score:16.44043479795%

## Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin:

0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

## **Nutrients (% of daily need)**

Calories: 263.85kcal (13.19%), Fat: 11.36g (17.47%), Saturated Fat: 3.45g (21.56%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 5.69g (2.07%), Sugar: 4.3g (4.78%), Cholesterol: 90.72mg (30.24%), Sodium: 275.83mg (11.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.78g (65.55%), Selenium: 44.98µg (64.26%), Vitamin B6: 0.97mg (48.26%), Vitamin B3: 9.52mg (47.6%), Zinc: 5.88mg (39.2%), Phosphorus: 314.28mg (31.43%), Vitamin B12: 1.38µg (22.93%), Potassium: 565.39mg (16.15%), Iron: 2.71mg (15.05%), Vitamin B2: 0.19mg (11.28%), Vitamin B5: 1mg (10.05%), Vitamin C: 7.91mg (9.59%), Magnesium: 38.19mg (9.55%), Vitamin K: 9.29µg (8.84%), Vitamin B1: 0.12mg (7.99%), Vitamin E: 1.11mg (7.4%), Copper: 0.14mg (6.79%), Folate: 23.86µg (5.96%), Manganese: 0.1mg (4.96%), Calcium: 45.79mg (4.58%), Vitamin A: 214.27IU (4.29%), Fiber: 0.49g (1.97%)