



 **58%**
HEALTH SCORE

Tex-Mex Flank Steak and Vegetables

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound flank steak trimmed
- 8 7-inch flour tortillas ()
- 2 tablespoons cilantro leaves fresh minced
- 2 garlic cloves minced
- 2 tablespoons juice of lime fresh
- 1 bell pepper red seeded quartered
- 1 inch onion red (1 large)
- 0.3 cup bottled chipotle salsa

- 0.5 cup bottled chipotle salsa (such as Pace)
- 1 bell pepper yellow seeded quartered

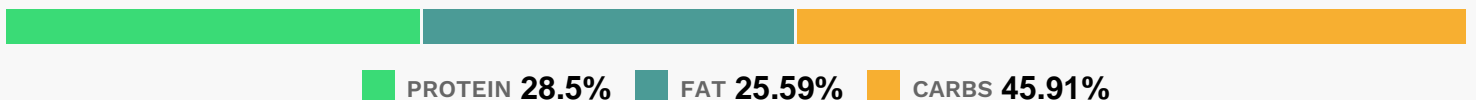
Equipment

- grill
- broiler
- ziploc bags
- broiler pan

Directions

- Combine first 7 ingredients in a large zip-top plastic bag. Seal and marinate in refrigerator 4 hours or overnight, turning occasionally.
- Prepare grill or broiler.
- Remove the steak and vegetables from bag; discard marinade.
- Place the steak and the vegetables on grill rack or broiler pan coated with cooking spray; cook 7 minutes on each side or until desired degree of doneness.
- Cut steak diagonally across the grain into thin slices.
- Cut peppers into thin strips.
- Cut onion slices in half.
- Warm tortillas according to package directions. Divide steak, bell peppers, and onion evenly among tortillas; roll up. Top each serving with 1 tablespoon chipotle salsa and 1 1/2 teaspoons cilantro.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:14.88, Inflammation Score:-9, Nutrition Score:29.969565308612%

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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 471.19kcal (23.56%), Fat: 13.28g (20.43%), Saturated Fat: 5.08g (31.73%), Carbohydrates: 53.6g (17.87%), Net Carbohydrates: 48.53g (17.65%), Sugar: 6.69g (7.43%), Cholesterol: 68.04mg (22.68%), Sodium: 1059.33mg (46.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.28g (66.55%), Vitamin C: 96.42mg (116.87%), Selenium: 54.75µg (78.22%), Vitamin B3: 12.25mg (61.27%), Vitamin B6: 0.99mg (49.26%), Phosphorus: 452.68mg (45.27%), Vitamin B1: 0.59mg (39.41%), Zinc: 5.08mg (33.86%), Folate: 125.63µg (31.41%), Iron: 5.59mg (31.07%), Manganese: 0.62mg (30.91%), Vitamin B2: 0.44mg (25.97%), Vitamin A: 1242.37IU (24.85%), Potassium: 770.06mg (22%), Fiber: 5.07g (20.27%), Calcium: 181.18mg (18.12%), Vitamin B12: 1.03µg (17.2%), Magnesium: 60.73mg (15.18%), Copper: 0.25mg (12.71%), Vitamin K: 12.18µg (11.6%), Vitamin B5: 1.13mg (11.28%), Vitamin E: 1.42mg (9.44%)