



Spicy Flank Steak

Number of Servings: 2
Calories Per Serving: 462
PCF Ratio: 43-2-56

Single Serving Comment: 1/2 of recipe

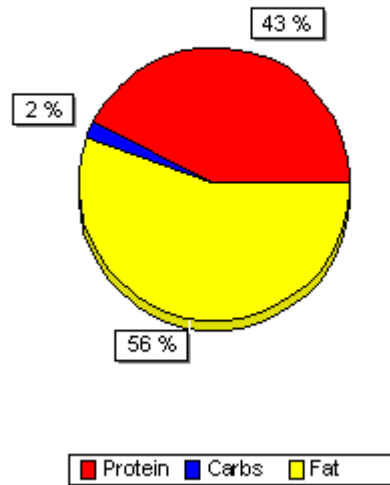
Cooking Instructions

Ingredients:

- 450g Rump Steak
 - 1.3 Garlic Cloves
 - 1/3 Jalapeno Pepper
 - 2 tsp Olive Oil
 - 2 tsp Fresh Rosemary Leaf
 - 2 tsp Fresh Thyme
 - 3 tsp Ground Sage
- (serves 2)

Remove seeds from jalapenos and chop them.
 In a food processor or a blender chop herbs and garlic. Add jalapenos and olive oil. Slice steak and spread herb mixture. Let stand in refrigerator for 2-3 hours. Place steak on a grill pan or a grill. Cook steak according to preferences. Slice steak on an angle.

43-2-56 Ratio



Nutrition Information

Serving Size: 1/2 of recipe (244g)
 Servings: 1

Amount Per Serving

Calories 460 **Calories from Fat** 260

% Daily Value*

Total Fat 28g **43%**

Saturated Fat 9g **46%**

Cholesterol 95mg **31%**

Sodium 125mg **5%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **3%**

Sugars 0 g

Protein 48 g

Vitamin A 4% Vitamin C 10%

Calcium 8% Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving		Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
		Size	Gram Wt.								
BEEF FLANK, RAW, SLF	trim to 0" fat, choice	1 lbs	454	748.4	96.3						
GARLIC, RAW		1 1/3	4	6	.3	1.3	.0				
JALAPENO, RAW		1/3	5	1.4	.1	.3	.2				
OLIVE OIL	salad or cooking	0.08 cup	18	159.1							

Spicy Flank Steak (continued)

		.2	.4					.1					
ROSEMARY LEAF, FRESH	2	20.2	.8					.2	.0			.0	
THYME, FRESH	4.5	26	.4			.0		.7	.1			.1	
SAGE, GROUND	.3	3.7	.0					.1	.0		.0	.0	
Recipe Total:	889.9	1573.1	247.2			.4		8.3	.3		106.3	17.5	
Single Serving Total:	444.9	786.5	123.6			.2		4.1	.1		53.1	8.7	