

Flank Asada

NUTRITION DATA

Serving Size: 4 oz.

Amount Per Serving:

| | |
|--------------------|----------------|
| Calories: | 268 |
| Calories from Fat: | 124 |
| | % Daily Value* |
| Total Fat | 13.8 g |
| Saturated Fat | 5.2 g |
| Trans Fat | NA |
| Cholesterol | 74 mg |
| Sodium | 319 mg |
| Total Carbohydrate | 4.3 g |
| Dietary Fiber | 1.8 g |
| Sugars | 0g |
| Protein | 30.4 g |
| Vitamin A | 31% |
| Vitamin C | 3% |
| Calcium | 1% |
| Iron | 19% |

* Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.



INGREDIENTS:

- 5 1/2 oz. Flank Steak, raw
- 2 Tbsp. Ancho Chile Paste (see recipe below)
- 1 Tbsp. Vegetable Salad Oil
- 1/4 tsp. Kosher Salt
- 1/8 tsp. Black Pepper

DIRECTIONS:

1. Prepare Ancho Chile Paste according to recipe (see below).
2. Combine chile paste, oil, salt and pepper for marinade. Mix until well-blended.
3. Pour marinade over meat. Turn to evenly coat. Hold overnight in refrigerator to marinate. Drain and discard excess marinade.
4. Grill on charbroiler for 4 to 5 minutes. Transfer to sheet pans. Bake at 500 degrees for 10 minutes. Slice diagonally into 1/8" thick slices.

For Ancho Chile Paste

- 1/4 cup + 1 Tbsp. Ancho chile Peppers (Dried)
- 1/2 cup + 3 Tbsp. Hot Water
- 1/8 tsp. Ground cumin
- 1/8 tsp. Kosher salt
- 1/8 tsp. Ground Black Pepper

1. Soak peppers in hot water for 30 to 45 minutes or until softened. Drain and reserve excess liquid.
2. In a food processor, combine peppers and 1 cup reserved liquid for each 2 1/2 oz. dry peppers listed in recipe. Process until pureed.
3. Add salt, pepper and cumin. Mix until well-blended. Cool quickly.

Portion: Serve 4 oz.



ST. JOHN DETROIT RIVERVIEW HOSPITAL



100% Fad Free

Flank Asada

SHOPPING LIST

- Flank Steak
- Ancho Chile Peppers
- Vegetable Salad Oil
- Ground Cumin
- Kosher Salt
- Black Pepper

