

Chipotle-Marinated Beef Flank Steak

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-flank-japanese-recipe>

Ingredients:

- 1 beef flank steak about 1-1/2 to 2 pounds
- salt
- 1/3 cup fresh lime juice
- 1/4 cup chopped fresh cilantro
- 1 tablespoon brown sugar packed
- 2 teaspoons chipotle chilies in adobo sauce minced
- 2 tablespoons adobo sauce from chilies
- 2 cloves garlic minced
- 1 teaspoon grated lime peel freshly

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 15 milligrams
4. Fat: 4.5 grams
5. Protein: 8 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1820 milligrams
8. Sugar: 2 grams

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