

# Grilled Flank Steak with Chile Rub

Yield: 4 min  
Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-grilled-flank-steak-recipe>

## Ingredients:

- 1 teaspoon ground cumin
- 1 tablespoon kosher salt or to taste
- 2 teaspoons ground coriander
- 1 teaspoon paprika
- 1 teaspoon ground black pepper freshly
- 1 teaspoon garlic powder optional
- 1 teaspoon cayenne pepper
- 1 flank steak about 3 pounds
- olive oil for the grill

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 15 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 10 grams
7. SaturatedFat: 2 grams
8. Sodium: 1820 milligrams

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