



Adobo-marinated Grass-fed Flank Steak With Spinach Salad

 Gluten Free

READY IN



39 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons adobo seasoning
- 1 avocado diced peeled
- 12 ounces baby spinach leaves washed and dried
- 2 ears shucked corn
- 2 tablespoons cilantro leaves fresh chopped
- 4 servings cilantro leaves fresh for garnish
- 1 garlic clove chopped

- 1 cup jicama peeled chopped cut into 1/2-inch cubes
- 0.5 juice of lime
- 0.3 teaspoon kosher salt
- 2 tablespoons juice of lime fresh
- 0.3 cup orange juice fresh
- 1 ounce queso fresco crumbled
- 0.5 cup bottled roasted peppers diced red
- 1 pound new york strip steak grass-fed ()

Equipment

- bowl
- knife
- whisk
- grill
- grill pan
- cutting board

Directions

- Place steak in shallow dish.
- Whisk together next 5 ingredients (through garlic).
- Pour marinade over steak, and coat both sides. Cover; refrigerate 1 hour.
- Prepare medium-high grill, or set grill pan over medium-high heat. Coat corn with cooking spray; grill about 5 minutes or until well-marked on all sides.
- Remove from grill, and let cool.
- Cut kernels from ears with a sharp knife; set aside.
- Remove steak from marinade, season both sides with salt. Grill 23 minutes per side or until internal temperature reaches 145 (for medium rare).
- Transfer to cutting board; let rest 5 minutes before slicing.
- Toss jicama with lime juice. Put spinach in a large bowl.

- Add roasted peppers, reserved corn, jicama, avocado, and queso fresco. Toss with bottled Southwestern-style dressing (or our Roasted Poblano Dressing; get the recipe at Health.com/poblano).
- Thinly slice steak against the grain. Divide salad among 4 plates, arranging steak on top.
- Sprinkle with cilantro; serve.

Nutrition Facts

PROTEIN 26.4% **FAT 53.21%** **CARBS 20.39%**

Properties

Glycemic Index:59.5, Glycemic Load:1.89, Inflammation Score:-10, Nutrition Score:37.897826205129%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 2.86mg, Hesperetin: 2.86mg, Hesperetin: 2.86mg, Hesperetin: 2.86mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 445.3kcal (22.27%), Fat: 27.2g (41.85%), Saturated Fat: 9.09g (56.8%), Carbohydrates: 23.46g (7.82%), Net Carbohydrates: 15.28g (5.56%), Sugar: 5.79g (6.44%), Cholesterol: 95.61mg (31.87%), Sodium: 577.41mg (25.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.37g (60.74%), Vitamin K: 424.37µg (404.16%), Vitamin A: 8344.41IU (166.89%), Vitamin C: 58.14mg (70.48%), Folate: 250.96µg (62.74%), Vitamin B6: 1.08mg (53.86%), Manganese: 1mg (49.97%), Vitamin B3: 8.79mg (43.94%), Selenium: 30.11µg (43.02%), Potassium: 1344.82mg (38.42%), Phosphorus: 370.52mg (37.05%), Zinc: 5.23mg (34.87%), Magnesium: 133.78mg (33.44%), Fiber: 8.18g (32.7%), Iron: 4.98mg (27.65%), Vitamin B2: 0.41mg (24.38%), Vitamin E: 3.45mg (23.03%), Vitamin B12: 1.23µg (20.51%), Vitamin B1: 0.29mg (19.5%), Vitamin B5: 1.87mg (18.74%), Copper: 0.37mg (18.62%), Calcium: 174.51mg (17.45%), Vitamin D: 0.19µg (1.28%)