



Beef Fajita Salad

 Gluten Free

READY IN



160 min.

SERVINGS



6

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound flank steak cut into strips
- ☐ 0.5 cup corn kernels fresh
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup kidney beans cooked
- ☐ 8 cups salad greens mixed
- ☐ 1 dash pepper sauce hot
- ☐ 0.5 cup onion red thinly sliced
- ☐ 8 ounce salad dressing italian-style

- ☐ 0.5 cup cheddar cheese shredded
- ☐ 1 tomatoes chopped
- ☐ 2 cups tortilla chips crushed

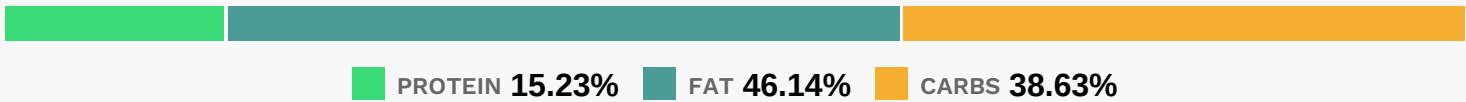
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the cumin, hot pepper sauce and Italian dressing in a small bowl and mix well. Reserve 1/2 cup of the dressing. In a separate bowl, add enough dressing to coat the beef and let marinate for 1 hour.
- ☐ In a hot skillet, fry the beef and cook until done. Allow the beef to cool. In a medium bowl combine the beef with the corn, beans, onions and 1/2 cup of the dressing. Refrigerate for several hours before serving.
- ☐ To serve, toss the beef and vegetable mixture with the salad greens, tomatoes and shredded cheese.
- ☐ Add extra dressing if necessary and top with the crushed tortilla chips.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:1.26, Inflammation Score:-7, Nutrition Score:14.916087124659%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 409.79kcal (20.49%), Fat: 21.41g (32.93%), Saturated Fat: 4.86g (30.35%), Carbohydrates: 40.32g (13.44%), Net Carbohydrates: 36.41g (13.24%), Sugar: 6.33g (7.03%), Cholesterol: 32.1mg (10.7%), Sodium: 601.23mg

(26.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.9g (31.8%), Vitamin K: 32.83µg (31.26%), Phosphorus: 274.35mg (27.44%), Selenium: 16.81µg (24.01%), Vitamin B6: 0.43mg (21.67%), Vitamin C: 17.36mg (21.04%), Zinc: 2.75mg (18.32%), Vitamin A: 912.87IU (18.26%), Vitamin B3: 3.47mg (17.37%), Magnesium: 66.73mg (16.68%), Vitamin E: 2.5mg (16.66%), Fiber: 3.91g (15.64%), Folate: 61.12µg (15.28%), Potassium: 495.5mg (14.16%), Calcium: 139.59mg (13.96%), Iron: 2.42mg (13.42%), Manganese: 0.24mg (11.85%), Vitamin B1: 0.17mg (11.02%), Vitamin B2: 0.16mg (9.55%), Vitamin B5: 0.95mg (9.49%), Copper: 0.16mg (8.21%), Vitamin B12: 0.44µg (7.4%)