



## Beef Steak Fajitas



Gluten Free



Dairy Free



Popular

READY IN



85 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 large onion yellow with the grain, not against the grain as one would normally slice an onion. slice first in half, and then slice off sections a half inch wide at widest point. peeled sliced
- ☐ 2 bell peppers of various colors stemmed seeded sliced lengthwise into strips
- ☐ 4 servings salt
- ☐ 1 juice of lime
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 cloves garlic minced peeled
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.5 jalapeno fresh or anywhere near your eyes after handling a jalapeño pepper!) seeded finely chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 pound carne asada

## Equipment

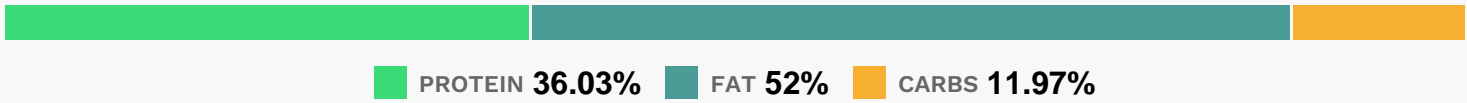
- ☐ frying pan
- ☐ paper towels
- ☐ aluminum foil
- ☐ microwave

## Directions

- ☐ Mix all marinade ingredients. Coat the steak with the marinade and let it sit at room temperature for an hour, or longer in the fridge.
- ☐ Before you cook the meat, wipe off most of the marinade and sprinkle the steak with salt.
- ☐ Sear the steak on both sides: Set a large cast iron pan or griddle over high heat and let this heat up for 1-2 minutes.
- ☐ Add the tablespoon of oil to the pan and let this heat up for 1 minute.
- ☐ Add the steak, frying on each side for 3 minutes, or to desired doneness. 3 minutes per side will yield approximately medium rare doneness for an average cut of flank steak.
- ☐ Carne asada and skirt steak will need less time. If the pan starts to smoke too much, reduce the heat to medium-high. You want the steak browned, not burned.
- ☐ Remove from pan and let sit, tented with foil, for 5 minutes.
- ☐ Cook the vegetables while the meat is resting.
- ☐ Add a little more oil to the pan if necessary, then add the onions and bell peppers.
- ☐ Let these sear for 1 minute before stirring, then stir every 90 seconds or so as the veggies sear. Cook for 5-6 minutes total.
- ☐ Slice the meat across the grain into thin slices. If you slice the meat at an angle, you will be able to get your slices pretty thin. These cuts of steak are flavorful but can be a little tough, so thin slices will really help make it easier to eat.

Serve immediately with shredded cheese, salsa, shredded iceberg lettuce, sour cream, guacamole and warm flour tortillas. (Hint for warming tortillas – put in microwave over a paper towel for 20 seconds on high heat.)

# Nutrition Facts



## Properties

Glycemic Index:39.5, Glycemic Load:1.69, Inflammation Score:-9, Nutrition Score:21.415652212889%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg

## Nutrients (% of daily need)

Calories: 283.55kcal (14.18%), Fat: 16.37g (25.18%), Saturated Fat: 3.89g (24.34%), Carbohydrates: 8.48g (2.83%), Net Carbohydrates: 6.43g (2.34%), Sugar: 4.32g (4.8%), Cholesterol: 68.04mg (22.68%), Sodium: 259.25mg (11.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.51g (51.02%), Vitamin C: 84.02mg (101.84%), Selenium: 33.95µg (48.5%), Vitamin B6: 0.94mg (46.78%), Vitamin A: 1957.1IU (39.14%), Vitamin B3: 7.75mg (38.77%), Zinc: 4.6mg (30.66%), Phosphorus: 260.94mg (26.09%), Vitamin E: 2.68mg (17.84%), Vitamin K: 18.4µg (17.52%), Vitamin B12: 1.03µg (17.2%), Potassium: 595.9mg (17.03%), Iron: 2.34mg (13.01%), Folate: 51.15µg (12.79%), Vitamin B2: 0.2mg (11.62%), Vitamin B5: 0.98mg (9.79%), Magnesium: 38.26mg (9.56%), Vitamin B1: 0.14mg (9.26%), Manganese: 0.17mg (8.44%), Fiber: 2.05g (8.21%), Copper: 0.12mg (5.97%), Calcium: 43.77mg (4.38%)