



 **62%**
HEALTH SCORE

Big Daddy Spicy Beef Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



64 min.

SERVINGS



4

CALORIES



419 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 chipotle chilies stemmed
- 0.3 cup cilantro leaves chopped
- 0.3 cup roasted peanuts dry finely chopped
- 1.5 pound flank steak
- 6 cups mesclun greens washed and dried
- 2 jalapeños seeded thinly sliced
- 2 juice of lime juiced
- 2 juice of orange juiced

- 0.5 cup olive oil divided
- 2 bell peppers red seeded cut into strips
- 0.5 onion red thinly sliced
- 4 servings salt and freshly cracked pepper black
- 0.3 cup soya sauce
- 1 pinch sugar

Equipment

- food processor
- bowl
- blender
- grill
- cutting board

Directions

- Add the chipotles, 1/2 cup olive oil and the lime juice to a food processor or blender and season with salt and black pepper, to taste. Pulse until it becomes a thick puree. Coat the flank steak with the chipotle mixture and let it marinate for 30 minutes.
- Preheat a grill to high heat.
- Add the jalapenos, cilantro, red peppers, red onion, peanuts, orange juice, soy sauce, sugar and remaining 2 tablespoons olive oil to a large bowl. Toss the ingredients well to combine. Season the mixture with salt and pepper, to taste, and set the bowl aside.
- When the flank steak has finished marinating, put it on the preheated grill and grill each side for 6 to 7 minutes.
- Transfer the steak to a cutting board and let it rest for about 8 to 10 minutes. Slice the steak thinly against the grain, and begin assembling your salad immediately.
- Put the mesclun greens on each serving plate and spoon some of the jalapeno mixture over the greens. Top with the sliced flank steak, serve and enjoy.

Nutrition Facts



■ PROTEIN 40.51% ■ FAT 40.91% ■ CARBS 18.58%

Properties

Glycemic Index:65.02, Glycemic Load:2.99, Inflammation Score:-10, Nutrition Score:31.619130341903%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 4.93mg, Hesperetin: 4.93mg, Hesperetin: 4.93mg, Hesperetin: 4.93mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 418.57kcal (20.93%), Fat: 19.22g (29.56%), Saturated Fat: 5.16g (32.25%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 14.9g (5.42%), Sugar: 10.01g (11.12%), Cholesterol: 102.06mg (34.02%), Sodium: 1158.28mg (50.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.81g (85.62%), Vitamin C: 119.17mg (144.45%), Selenium: 51.62µg (73.74%), Vitamin B6: 1.39mg (69.4%), Vitamin B3: 13.69mg (68.43%), Vitamin A: 2755.26IU (55.11%), Zinc: 7.18mg (47.85%), Phosphorus: 448.83mg (44.88%), Potassium: 1019.25mg (29.12%), Vitamin B12: 1.55µg (25.8%), Folate: 99.01µg (24.75%), Manganese: 0.48mg (23.87%), Iron: 3.92mg (21.76%), Magnesium: 80.84mg (20.21%), Vitamin E: 3mg (19.98%), Vitamin B2: 0.34mg (19.9%), Fiber: 4.73g (18.92%), Vitamin B5: 1.64mg (16.38%), Vitamin B1: 0.24mg (15.73%), Copper: 0.25mg (12.61%), Vitamin K: 12.78µg (12.17%), Calcium: 66.27mg (6.63%)