



Boliche

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado pitted peeled halved sliced
- 1 cup beef stock
- 8 ounce tomato sauce canned
- 2 ounces chorizo sausage sliced into 4 pieces
- 16 ounce filet mignons
- 1 bunch cilantro leaves fresh finely chopped
- 5 cloves garlic minced
- 1 bell pepper green seeded sliced

- 1 teaspoon ground cumin
- 4 servings kosher salt and pepper black freshly ground
- 1 lime cut into 4 wedges
- 2 tablespoons olive oil divided
- 1 small potatoes chopped
- 6 ounce roasted peppers
- 1 roma tomato chopped
- 1 onion white sliced

Equipment

- frying pan

Directions

- Slice a deep notch into the center of each filet, about 2-inches wide. Insert a piece of chorizo into each beef filet.
- Rub 1 tablespoon olive oil into the filets and season with salt, and pepper.
- In a large saute pan over high heat, brown the beef until a crust is formed and the beef is cooked to medium-rare or 145 degrees F, about 4 minutes per side.
- Remove the beef from the pan, and deglaze the pan with beef stock scraping up the bits from the bottom of the pan. Turn off the heat.
- In another saute pan, heat 1 tablespoon of olive oil, and add the pepper, onion, garlic, and cumin. Cook the mixture for 2 minutes, stirring occasionally.
- Add the tomato sauce, potato, and roasted peppers, and simmer until the potatoes are tender.
- Divide the potato mixture among 4 plates. Slice each filet and place on top. Top each filet with some of the beef stock and garnish with chopped cilantro, chopped tomato, lime wedges, and avocado slices.

Nutrition Facts



PROTEIN 9.4% FAT 54.68% CARBS 35.92%

Properties

Glycemic Index:93.69, Glycemic Load:8.38, Inflammation Score:-8, Nutrition Score:17.864347623742%

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 Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg

Nutrients (% of daily need)

Calories: 259.86kcal (12.99%), Fat: 16.92g (26.03%), Saturated Fat: 3.3g (20.64%), Carbohydrates: 25.01g (8.34%), Net Carbohydrates: 17.51g (6.37%), Sugar: 5.64g (6.27%), Cholesterol: 10mg (3.33%), Sodium: 981.58mg (42.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.09%), Vitamin C: 74.41mg (90.2%), Fiber: 7.5g (30.01%), Vitamin B6: 0.59mg (29.5%), Potassium: 945.95mg (27.03%), Vitamin K: 27.31µg (26.01%), Manganese: 0.46mg (22.83%), Vitamin E: 3.18mg (21.21%), Vitamin A: 1002.59IU (20.05%), Folate: 73.89µg (18.47%), Copper: 0.36mg (18.18%), Vitamin B3: 3.01mg (15.07%), Iron: 2.59mg (14.39%), Magnesium: 53.62mg (13.41%), Vitamin B2: 0.21mg (12.61%), Phosphorus: 122.78mg (12.28%), Vitamin B5: 1.16mg (11.64%), Vitamin B1: 0.16mg (10.94%), Calcium: 73.83mg (7.38%), Zinc: 0.96mg (6.38%), Selenium: 2.3µg (3.29%)