



Broiled Santa Fe Steaks

 Gluten Free  Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup salsa thick
- 0.5 cup black beans rinsed drained (from 15-)
- 2 tablespoons onion red finely chopped
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon juice of lime
- 1.5 teaspoons chili powder
- 1.5 pounds beef strip steaks boneless
- 2 teaspoons oregano dried fresh chopped

Equipment

- oven
- broiler pan

Directions

- Mix salsa, beans, onion, cilantro, lime juice and 1/2 teaspoon of the chili powder. Cover and refrigerate while preparing beef.
- Set oven control to broil.
- Sprinkle both sides of beef with remaining 1 teaspoon chili powder and the oregano; gently press into beef.
- Place beef on rack in broiler pan. Broil with tops 4 to 6 inches from heat 6 minutes; turn. Broil 2 to 5 minutes longer for medium doneness.
- Serve with salsa.

Nutrition Facts

PROTEIN 30.64% **FAT 61.49%** **CARBS 7.87%**

Properties

Glycemic Index:23.5, Glycemic Load:1.09, Inflammation Score:-8, Nutrition Score:18.854347612547%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 469.1kcal (23.45%), Fat: 31.74g (48.83%), Saturated Fat: 12.75g (79.67%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 5.89g (2.14%), Sugar: 1.61g (1.79%), Cholesterol: 146.28mg (48.76%), Sodium: 311.38mg (13.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.59g (71.17%), Selenium: 39.22µg (56.03%), Vitamin B6: 1.02mg (50.8%), Vitamin B3: 9.42mg (47.12%), Zinc: 6.02mg (40.16%), Phosphorus: 355.88mg (35.59%), Vitamin B12: 1.56µg (26.08%), Potassium: 710.42mg (20.3%), Iron: 3.52mg (19.55%), Magnesium: 58.61mg (14.65%), Folate: 54.37µg (13.59%), Fiber: 3.25g (12.99%), Vitamin B2: 0.22mg (12.72%), Vitamin B1: 0.19mg (12.55%), Vitamin K:

11.76µg (11.2%), Manganese: 0.22mg (10.91%), Vitamin B5: 1.08mg (10.79%), Vitamin E: 1.58mg (10.51%), Copper:
0.2mg (9.95%), Vitamin A: 412.15IU (8.24%), Calcium: 72.58mg (7.26%), Vitamin C: 2.19mg (2.66%)