



Chile Cheese Steak with Avocado

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz avocado
- ☐ 7 oz pepper flakes whole green drained canned
- ☐ 0.3 pound monterrey jack cheese thinly sliced
- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon red wine vinegar
- ☐ 4 servings salt and pepper
- ☐ 1 pound skirt steak
- ☐ 0.3 cup tequila

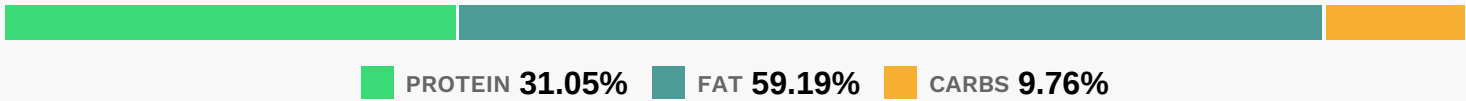
Equipment

☐ frying pan

Directions

- ☐ Rinse steak and pat dry.
- ☐ Cut into 4 equal pieces.
- ☐ Set an 11- to 12-inch frying pan with ovenproof handle over high heat; when pan is hot, add oil and tilt to coat pan bottom.
- ☐ Add steak and cook, turning pieces once, until browned on both sides but still rare in the center (cut to test), 6 to 7 minutes total.
- ☐ Remove from heat and add tequila and vinegar to pan. Light with a match (not under an exhaust fan or any flammable materials) and shake pan until flames subside.
- ☐ Lay chilies equally on steaks; top with cheese slices. Broil 4 inches from heat just until cheese is melted, 1 to 2 minutes.
- ☐ Meanwhile, pit, peel, and thickly slice avocado.
- ☐ Transfer steaks to plates. Spoon any pan juices around meat. Arrange avocado equally on portions.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:2.2, Inflammation Score:-8, Nutrition Score:27.729130397672%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 456.69kcal (22.83%), Fat: 28.63g (44.05%), Saturated Fat: 10.22g (63.87%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 5.13g (1.86%), Sugar: 3.24g (3.6%), Cholesterol: 96.67mg (32.22%), Sodium: 448.63mg (19.51%), Alcohol: 5.01g (100%), Alcohol %: 2.25% (100%), Protein: 33.8g (67.6%), Vitamin C: 78.4mg (95.03%), Zinc: 8.74mg (58.29%), Vitamin B6: 0.95mg (47.45%), Vitamin B12: 2.65µg (44.18%), Selenium: 29.59µg (42.27%), Vitamin B3: 8.31mg (41.57%), Phosphorus: 359.59mg (35.96%), Vitamin B2: 0.61mg (35.81%), Potassium: 859.39mg (24.55%), Vitamin K: 24.84µg (23.66%), Calcium: 234.1mg (23.41%), Fiber: 5.49g (21.97%), Folate: 77.32µg (19.33%), Vitamin B5: 1.8mg (18.01%), Iron: 3.13mg (17.39%), Magnesium: 64.72mg (16.18%), Vitamin A: 802.86IU (16.06%), Copper: 0.31mg (15.28%), Manganese: 0.3mg (14.78%), Vitamin E: 2.14mg (14.27%), Vitamin B1: 0.16mg (10.43%), Vitamin D: 0.28µg (1.89%)