



HEALTH SCORE

100%

Chile-Rubbed Sirloin and Green Chile Nachos



Very Healthy

READY IN



20 min.

SERVINGS



1

CALORIES



3175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe peeled
- ☐ 0.5 cup buttermilk
- ☐ 0.5 cup roasted chilies diced green canned peeled
- ☐ 4 ounces tortilla chips
- ☐ 0.3 teaspoon sea salt
- ☐ 0.3 teaspoon ground chile red
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cumin

- ☐ 0.3 teaspoon ground pepper black finely
- ☐ 3 tablespoons juice of lime from
- ☐ 3 cups monterey jack shredded
- ☐ 1 teaspoon olive oil
- ☐ 1 serving lettuce and onion finely sliced chopped for garnish
- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound rump steak
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 teaspoon soya sauce recommended: Kikkoman

Equipment

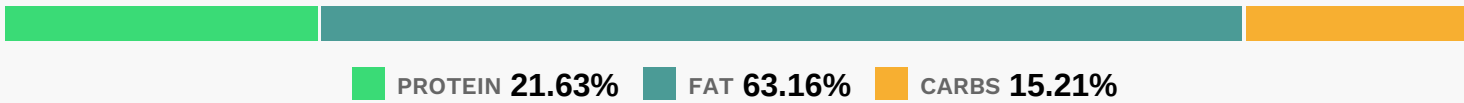
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ toothpicks
- ☐ grill
- ☐ broiler
- ☐ funnel

Directions

- ☐ Preheat the oven to 475 degrees F or preheat the broiler, with the rack positioned about 7 inches from the top of the oven or the heat source.
- ☐ Assemble the nachos: Arrange the chips on a 12 by 18-inch baking sheet or ovenproof platter. Top each chip with a layer of Monterey Jack, followed in order by the chiles, sirloin, and cheese blend.
- ☐ Bake the nachos for 5 to 7 minutes, or broil, until the cheese is soft and bubbly.
- ☐ Before serving, squeeze streaks of Avocado Crema and Chipotle Mayonnaise, to taste, over the nachos, if using, and garnish with lettuce and onions.

- ☐ In a small bowl, combine the salt, chile, cumin, garlic, cinnamon, and pepper. Rub the steak all over with the mix. Set aside at room temperature for 15 minutes.
- ☐ Heat a grill or the broiler until very hot. Rub the steak all over with the olive oil and soy sauce. Grill or broil the steak very close to the heat, about 3 minutes per side, until medium rare. Set aside for 10 minutes before slicing or dicing.
- ☐ Puree all the ingredients in a food processor or blender. Funnel into a squeeze bottle. The mixture should be thin enough to streak easily. If not, add a few drips more lime juice or buttermilk. Plug the top of the nozzle with a toothpick and chill until ready to use. The mixture will keep for 2 days refrigerated.

Nutrition Facts



Properties

Glycemic Index:232, Glycemic Load:7.65, Inflammation Score:-10, Nutrition Score:78.533478114916%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.39mg, Quercetin: 11.39mg, Quercetin: 11.39mg, Quercetin: 11.39mg

Nutrients (% of daily need)

Calories: 3175.26kcal (158.76%), Fat: 225.91g (347.56%), Saturated Fat: 101.39g (633.7%), Carbohydrates: 122.46g (40.82%), Net Carbohydrates: 99.89g (36.32%), Sugar: 18.97g (21.08%), Cholesterol: 539.34mg (179.78%), Sodium: 4265.02mg (185.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 174.05g (348.1%), Calcium: 2935.28mg (293.53%), Phosphorus: 2672.97mg (267.3%), Vitamin B12: 12.94µg (215.73%), Vitamin C: 146.03mg (177.01%), Selenium: 118.74µg (169.63%), Zinc: 25.26mg (168.41%), Vitamin B2: 2.68mg (157.76%), Vitamin B6: 2.85mg (142.44%), Vitamin B3: 18.67mg (93.35%), Magnesium: 363.95mg (90.99%), Potassium: 3164.79mg (90.42%), Fiber: 22.56g (90.26%), Vitamin A: 4356.41IU (87.13%), Vitamin K: 90.54µg (86.23%), Iron: 13.84mg (76.88%), Folate: 301.24µg (75.31%), Vitamin E: 10.78mg (71.87%), Vitamin B5: 6.87mg (68.66%), Vitamin B1: 0.85mg (56.98%), Copper: 1.07mg (53.53%), Manganese: 0.81mg (40.7%), Vitamin D: 3.59µg (23.96%)