



 **55%**  
HEALTH SCORE

## Chilean Beef and Purple Potato Salad

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

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**346 kcal**

**SIDE DISH**

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup celery thinly sliced
- 1 tablespoon chili powder
- 1 teaspoon cumin seeds toasted
- 1.5 pounds flank steak trimmed
- 2 tablespoons cilantro leaves fresh chopped
- 1.5 cups corn kernels fresh ( 3 ears)
- 0.1 teaspoon garlic powder

- 3 tablespoons green onions chopped
- 0.3 teaspoon ground cumin
- 0.3 teaspoon hot sauce
- 1 tablespoon juice of lime fresh
- 3 tablespoons juice of lime fresh
- 1 tablespoon olive oil
- 1 teaspoon olive oil
- 2 pounds purple potatoes
- 1 cup bell pepper diced red
- 0.5 teaspoon salt

## Equipment

- bowl
- sauce pan
- whisk
- broiler
- ziploc bags

## Directions

- To prepare beef, combine first 6 ingredients in a large zip-top plastic bag.
- Add steak to bag; seal. Marinate in refrigerator 1 hour, turning occasionally.
- To prepare the vegetables, place potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat; simmer 20 minutes or just until tender (do not overcook).
- Drain and let stand 30 minutes. Quarter potatoes lengthwise.
- Combine the potatoes, corn, bell pepper, celery, and onions in a large bowl.
- Preheat broiler.
- To prepare dressing, combine 3 tablespoons juice and next 5 ingredients (3 tablespoons juice through hot sauce), stirring with a whisk.
- Remove steak from bag; discard marinade.

- Place steak on a broiler rack coated with cooking spray. Broil 6 minutes on each side or until desired degree of doneness.
- Let stand 5 minutes.
- Cut steak in half lengthwise.
- Cut each half diagonally across grain into thin slices.
- Add steak to potato mixture.
- Drizzle with dressing; toss well to coat.
- Sprinkle with cilantro.

## Nutrition Facts



■ **PROTEIN 33.22%**
■ **FAT 24.77%**
■ **CARBS 42.01%**

### Properties

Glycemic Index:43.13, Glycemic Load:19.75, Inflammation Score:-8, Nutrition Score:25.861739013506%

### Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

### Nutrients (% of daily need)

Calories: 346.35kcal (17.32%), Fat: 9.68g (14.9%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 31.59g (11.49%), Sugar: 4.95g (5.5%), Cholesterol: 68.04mg (22.68%), Sodium: 303.95mg (13.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.22g (58.44%), Vitamin C: 68.07mg (82.5%), Vitamin B6: 1.28mg (64.07%), Selenium: 34.52µg (49.32%), Vitamin B3: 9.77mg (48.87%), Phosphorus: 365.05mg (36.5%), Potassium: 1251.67mg (35.76%), Zinc: 5.12mg (34.15%), Vitamin A: 1331.39IU (26.63%), Fiber: 5.36g (21.46%), Iron: 3.83mg (21.29%), Magnesium: 82.19mg (20.55%), Manganese: 0.39mg (19.75%), Vitamin B1: 0.28mg (18.97%), Folate: 72.08µg (18.02%), Vitamin K: 18.09µg (17.23%), Vitamin B12: 1.03µg (17.2%), Vitamin B5: 1.55mg (15.5%), Copper: 0.3mg (14.84%), Vitamin B2: 0.24mg (14.3%), Vitamin E: 1.78mg (11.88%), Calcium: 60.3mg (6.03%)