



WHATSheATE



Chili Diablo Steak and Pasta



Dairy Free

READY IN



52 min.

SERVINGS



6

CALORIES



547 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 slices bacon cut into 1/2-inch pieces
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 chipotles in adobo seeded chopped
- ☐ 1 teaspoon chipotles in adobo canned
- ☐ 0.8 cup chili sauce
- ☐ 0.8 cup beef broth flavored (from 32-oz carton)
- ☐ 15 oz black beans rinsed drained canned

- ☐ 12 oz soup noodles uncooked (mini-lasagna noodle)
- ☐ 1.5 lb beef top sirloin steaks boneless
- ☐ 0.5 teaspoon garlic
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon chili powder
- ☐ 1 avocado pitted peeled sliced
- ☐ 2 tablespoons cilantro leaves fresh

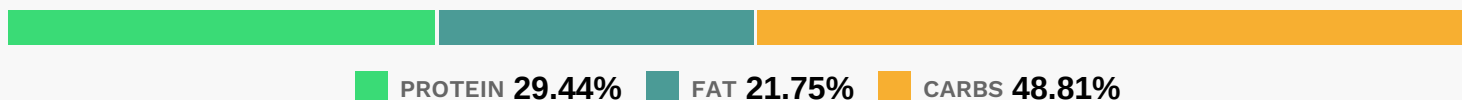
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Cook bacon in 10-inch nonstick skillet over medium heat, stirring occasionally, until crisp. Stir in onion and bell pepper. Cook 2 to 3 minutes, stirring occasionally, until crisp-tender. Stir in chipotle chili and adobo sauce. Cook and stir 1 minute. Stir in chili sauce and broth.
- ☐ Heat to boiling; reduce heat. Simmer 5 minutes, stirring occasionally. Stir in beans; heat through.
- ☐ Cook and drain pasta as directed on package.
- ☐ While pasta is cooking, heat coals or gas grill for direct heat.
- ☐ Sprinkle beef with garlic pepper, salt and chili powder. Grill beef 4 to 6 inches from medium heat 8 to 12 minutes for medium doneness, turning once.
- ☐ To serve, toss pasta with about 1 cup sauce.
- ☐ Cut beef across grain into thin slices; arrange over pasta mixture.
- ☐ Drizzle and serve with remaining sauce.
- ☐ Garnish with avocado and cilantro.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:17.6, Inflammation Score:-7, Nutrition Score:28.307826050598%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 547.22kcal (27.36%), Fat: 13.13g (20.2%), Saturated Fat: 3.44g (21.53%), Carbohydrates: 66.3g (22.1%), Net Carbohydrates: 55.72g (20.26%), Sugar: 7.37g (8.19%), Cholesterol: 71.74mg (23.91%), Sodium: 1155.03mg (50.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.99g (79.99%), Selenium: 74µg (105.71%), Vitamin B3: 10.48mg (52.42%), Vitamin B6: 1.04mg (52.18%), Phosphorus: 479.65mg (47.96%), Fiber: 10.58g (42.31%), Zinc: 6.12mg (40.8%), Manganese: 0.79mg (39.4%), Potassium: 1113.58mg (31.82%), Vitamin C: 21.81mg (26.43%), Folate: 102.88µg (25.72%), Copper: 0.51mg (25.69%), Iron: 4.62mg (25.67%), Magnesium: 99.03mg (24.76%), Vitamin B1: 0.32mg (21.55%), Vitamin B2: 0.34mg (20.19%), Vitamin B12: 1.12µg (18.73%), Vitamin B5: 1.66mg (16.6%), Vitamin E: 1.84mg (12.29%), Vitamin K: 11.59µg (11.04%), Calcium: 79.92mg (7.99%), Vitamin A: 366.61IU (7.33%)