



WHATSheATE



Cumin-Rubbed Steaks with Avocado Salsa Verde



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small avocado diced
- ☐ 16 ounce beef shoulder center steaks cut (ranch)
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 teaspoons ground cumin
- ☐ 0.8 cup tomatillo salsa prepared

Equipment

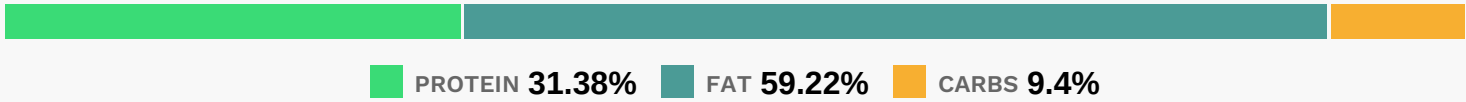
- ☐ bowl

☐ frying pan

Directions

- ☐ Press cumin evenly onto beef steaks.
- ☐ Heat large nonstick skillet over medium heat until hot.
- ☐ Place steaks in skillet; cook 12 to 15 minutes for medium rare (145 degrees F) to medium (160 degrees F) doneness, turning occasionally.
- ☐ Meanwhile, combine salsa, avocado and cilantro in small bowl.
- ☐ Carve steaks into slices; season with salt, as desired.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.39, Inflammation Score:-5, Nutrition Score:16.006087054377%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 316.17kcal (15.81%), Fat: 20.67g (31.79%), Saturated Fat: 5.97g (37.28%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 3.91g (1.42%), Sugar: 3g (3.34%), Cholesterol: 81.65mg (27.22%), Sodium: 378mg (16.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.64g (49.28%), Vitamin B6: 0.83mg (41.56%), Selenium: 28.26µg (40.38%), Vitamin B3: 7.81mg (39.03%), Zinc: 4.74mg (31.58%), Phosphorus: 259.15mg (25.91%), Vitamin B12: 1.39µg (23.25%), Potassium: 728.54mg (20.82%), Iron: 2.79mg (15.51%), Fiber: 3.48g (13.91%), Vitamin B5: 1.36mg (13.64%), Folate: 53.4µg (13.35%), Vitamin K: 12.81µg (12.2%), Vitamin B2: 0.19mg (11.39%), Magnesium: 43.23mg (10.81%), Copper: 0.21mg (10.28%), Vitamin E: 1.48mg (9.84%), Vitamin B1: 0.14mg (9.02%), Vitamin C: 6.77mg (8.2%), Vitamin A: 364.4IU (7.29%), Manganese: 0.12mg (6.01%), Calcium: 41.56mg (4.16%)