



Dry-Rub Steak with Fresh Fruit Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup cherry tomatoes quartered
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1.5 teaspoons garlic minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 jalapeno minced seeded
- ☐ 1 cup kiwifruit peeled finely chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1.5 cups mangos peeled finely chopped
- ☐ 0.5 cup onion red finely chopped
- ☐ 1.5 teaspoons salt
- ☐ 2 pound rump steak boneless
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon or dried fresh finely chopped
- ☐ 1 teaspoon or dried fresh finely chopped

Equipment

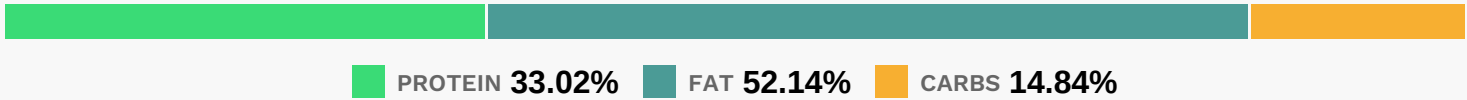
- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ To prepare steak, combine first 7 ingredients; rub evenly over steak. Cover and refrigerate 2 hours or overnight.
- ☐ Prepare grill or broiler.
- ☐ To prepare salsa, combine red onion, 2 tablespoons juice, and 1/2 teaspoon salt, tossing to coat.
- ☐ Let stand 30 minutes.
- ☐ Combine mango and next 7 ingredients (mango through jalapeo) in a medium bowl.
- ☐ Add onion mixture; toss gently to combine.

- ☐
- Place steak on grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side or until desired degree of doneness.
- ☐
- Place steak on a platter; let stand 5 minutes.
- ☐
- Cut diagonally across grain into 1/4-inch-thick slices.
- ☐
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:45.56, Glycemic Load:4.14, Inflammation Score:-6, Nutrition Score:15.466956449592%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 296.75kcal (14.84%), Fat: 17.14g (26.37%), Saturated Fat: 6.87g (42.95%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 9.21g (3.35%), Sugar: 7.65g (8.5%), Cholesterol: 63.5mg (21.17%), Sodium: 650.81mg (28.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.85%), Vitamin B12: 3.15µg (52.54%), Vitamin C: 35.42mg (42.93%), Selenium: 19.22µg (27.46%), Vitamin B6: 0.53mg (26.32%), Zinc: 3.86mg (25.75%), Vitamin B3: 4.57mg (22.83%), Phosphorus: 220.21mg (22.02%), Vitamin K: 18.34µg (17.47%), Iron: 2.72mg (15.11%), Potassium: 517.53mg (14.79%), Vitamin B2: 0.24mg (13.91%), Vitamin A: 562.99IU (11.26%), Vitamin B1: 0.14mg (9.55%), Copper: 0.18mg (9.04%), Magnesium: 34.43mg (8.61%), Folate: 32.92µg (8.23%), Manganese: 0.15mg (7.27%), Fiber: 1.77g (7.1%), Vitamin E: 0.82mg (5.45%), Vitamin B5: 0.5mg (5.04%), Calcium: 30.59mg (3.06%)