



Flank Steak Fajitas with Guacamole

 **Gluten Free**  **Very Healthy**

READY IN



110 min.

SERVINGS



6

CALORIES



862 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 avocados diced pitted ripe peeled halved
- 4 spicy chile peppers seeded sliced
- 2 tablespoons chile powder
- 3 pounds flank steak
- 2 cloves garlic chopped
- 2 tablespoons garlic powder
- 2 tablespoons ground cumin
- 1 juice of lemon

- 1 juice of lime divided juiced
- 6 servings kosher salt and pepper black freshly ground to taste
- 2 tablespoons olive oil
- 6 tablespoons olive oil divided
- 2 tablespoons onion powder
- 2 onions sliced
- 1 small onion diced red
- 2 cups cup heavy whipping cream sour
- 1 small tomatoes diced

Equipment

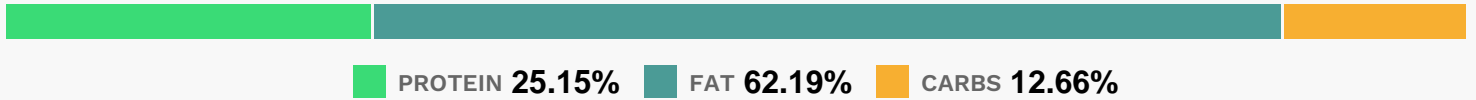
- bowl
- sauce pan
- baking pan
- grill
- grill pan

Directions

- In a small saucepan over low heat, combine the cumin, garlic powder, onion powder, chile powder, and 4 tablespoons olive oil and bring to a light simmer. Cook for 4 minutes.
- Let cool.
- Place the steak in a baking dish and pour the seasoned oil over top. Marinate the steak in the refrigerator for 30 minutes. Bring the steak to room temperature before grilling.
- Preheat a grill or grill pan on high heat.
- Remove the steak from the marinade and season with salt and pepper. Grill the steak for about 7 minutes on each side for medium-rare.
- Let rest before slicing.
- Combine the onions and peppers with olive oil, and salt and pepper, to taste. Toss to coat in oil. Grill the onions and peppers for 4 minutes. Set aside.

- Combine the avocado, red onion, tomato, garlic, lemon juice, and juice of 1 lime in a large bowl. Mash the avocado a bit with a fork. Stir in salt, and pepper, to taste.
- Mix in the sour cream with the remaining juice and zest of limes. Season with salt, to taste.
- To serve: Slice the flank steak in thin slices and place it on a large platter.
- Serve with peppers and onions, guacamole, and lime-sour cream on the side.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:3.24, Inflammation Score:-9, Nutrition Score:44.180000139319%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg

Nutrients (% of daily need)

Calories: 861.5kcal (43.07%), Fat: 60.77g (93.49%), Saturated Fat: 17.32g (108.23%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 17.7g (6.44%), Sugar: 8.34g (9.27%), Cholesterol: 181.31mg (60.44%), Sodium: 207.8mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.3g (110.61%), Selenium: 72.35µg (103.35%), Vitamin B6: 2.04mg (101.76%), Vitamin B3: 16.92mg (84.61%), Vitamin C: 65.46mg (79.35%), Zinc: 10.19mg (67.9%), Phosphorus: 640.67mg (64.07%), Potassium: 1731.14mg (49.46%), Vitamin E: 7.15mg (47.66%), Vitamin K: 45.08µg (42.93%), Fiber: 10.12g (40.49%), Iron: 6.74mg (37.42%), Vitamin A: 1857.06IU (37.14%), Vitamin B12: 2.22µg (37.08%), Vitamin B2: 0.6mg (35.54%), Folate: 140.85µg (35.21%), Vitamin B5: 3.31mg (33.08%), Magnesium: 118.03mg (29.51%), Manganese: 0.52mg (26.01%), Copper: 0.52mg (25.91%), Vitamin B1: 0.35mg (23.01%), Calcium: 197.56mg (19.76%)