



## Grilled Beef Fajita Salad

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



302 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 14 ounces salsa refrigerated ()
- 0.3 cup vegetable oil
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon garlic salt
- 1 pound sirloin steak
- 2 medium bell pepper green red sliced
- 1 medium onion sliced

- 9 cups the of 1 cos lettuce
- 1 serving guacamole
- 1 serving cream sour

## Equipment

- bowl
- grill

## Directions

- Heat coals or gas grill for direct heat.
- Mix all Salsa Dressing ingredients; set aside.
- Mix chili powder, cumin and garlic salt.
- Sprinkle mixture over both sides of beef.
- Place bell peppers and onion in grill basket. Cover and grill beef and vegetables 3 to 4 inches from medium heat about 5 minutes for medium-rare or about 7 minutes for medium; turn. Grill 5 to 7 minutes longer or until desired beef doneness.
- In large bowl, toss lettuce, grilled peppers and onion with half of the dressing.
- Cut beef diagonally into 1/2-inch slices; place on salad.
- Serve with remaining dressing, guacamole and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:13.67, Glycemic Load:0.5, Inflammation Score:-10, Nutrition Score:23.67739109371%

## Flavonoids

Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

## Nutrients (% of daily need)

Calories: 301.92kcal (15.1%), Fat: 21.29g (32.76%), Saturated Fat: 6.23g (38.92%), Carbohydrates: 10.92g (3.64%), Net Carbohydrates: 6.98g (2.54%), Sugar: 5.21g (5.79%), Cholesterol: 43.52mg (14.51%), Sodium: 882.03mg (38.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.23g (36.46%), Vitamin A: 6819.8IU (136.4%), Vitamin K: 95.54µg (90.99%), Vitamin C: 37.39mg (45.32%), Vitamin B12: 2.11µg (35.1%), Vitamin B6: 0.58mg (29.17%), Folate: 110.99µg (27.75%), Vitamin B3: 4.01mg (20.07%), Potassium: 696.93mg (19.91%), Selenium: 13.67µg (19.53%), Zinc: 2.91mg (19.4%), Phosphorus: 192.38mg (19.24%), Iron: 3mg (16.66%), Fiber: 3.94g (15.74%), Manganese: 0.29mg (14.49%), Vitamin E: 2.07mg (13.79%), Vitamin B2: 0.23mg (13.62%), Vitamin B1: 0.18mg (12.32%), Magnesium: 43.18mg (10.8%), Copper: 0.18mg (9.02%), Calcium: 62.09mg (6.21%), Vitamin B5: 0.54mg (5.45%)