



Grilled Beef Fajita Salad

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



323 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound sirloin steak
- 2 teaspoons chili powder
- 1 teaspoon garlic salt
- 1 teaspoon ground cumin
- 6 servings guacamole
- 1 medium onion sliced
- 2 medium bell pepper green red sliced
- 9 cups the of 1 cos lettuce

- 14 ounces salsa refrigerated ()
- 6 servings cream sour
- 0.3 cup vegetable oil

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

  
 **PROTEIN 22.41%**  **FAT 63.7%**  **CARBS 13.89%**

Properties

Glycemic Index:13.67, Glycemic Load:0.51, Inflammation Score:-10, Nutrition Score:24.008260892785%

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: 323.05kcal (16.15%), Fat: 23.35g (35.93%), Saturated Fat: 7.26g (45.35%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 7.46g (2.71%), Sugar: 5.56g (6.18%), Cholesterol: 49.42mg (16.47%), Sodium: 885.19mg (38.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.49g (36.98%), Vitamin A: 6883.32IU (137.67%), Vitamin K: 95.87µg (91.3%), Vitamin C: 37.56mg (45.53%), Vitamin B12: 2.13µg (35.45%), Vitamin B6: 0.59mg (29.48%), Folate: 112.26µg (28.07%), Potassium: 713.47mg (20.38%), Vitamin B3: 4.04mg (20.19%), Selenium: 14.05µg (20.06%), Phosphorus: 200.41mg (20.04%), Zinc: 2.95mg (19.66%), Iron: 3.01mg (16.72%), Fiber: 3.99g (15.96%), Vitamin B2: 0.25mg (14.67%), Manganese: 0.29mg (14.6%), Vitamin E: 2.12mg (14.16%), Vitamin B1: 0.19mg (12.49%), Magnesium: 44.43mg (11.11%), Copper: 0.18mg (9.19%), Calcium: 72.29mg (7.23%), Vitamin B5: 0.59mg (5.9%)