



Grilled Green Chile-Stuffed Pepper Steaks Wrapped in Bacon

 Gluten Free  Dairy Free

READY IN



256 min.

SERVINGS



4

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 strips bacon uncooked
- 2 tablespoons peppercorns black
- 4 new mexican chiles green stemmed peeled seeded
- 0.5 teaspoon garlic powder
- 2 tablespoons caribbean habanero sauce
- 2 tablespoons peppercorns red
- 2 tablespoons rice wine vinegar

- 4 sirloin steaks boneless thick
- 2 tablespoons soya sauce
- 2 tablespoons peppercorns white
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- frying pan
- toothpicks
- grill
- kitchen towels
- rolling pin
- meat tenderizer

Directions

- Slice the steaks horizontally to create a pocket, but do not cut all the way through the steak.
- Place a green chile into each of the pockets. Wrap a strip of bacon around each steak in the same direction as the pocket and secure with a toothpick.
- Wrap the peppercorns in a kitchen towel and with a meat pounder or rolling pin gently pound the peppercorns until coarsely crushed. Press the crushed peppercorns into the sides of each steak.
- Place the steaks into a non-metallic pan.
- To make the marinade: combine the habanero sauce, Worcestershire, soy sauce, vinegar, and garlic powder in a bowl.
- Pour the marinade over the meat, and marinate in the refrigerator for 2 to 3 hours.
- Preheat the grill and bring the steaks up to room temperature before placing on the grill. Grill the steaks over medium heat for about 12 to 16 minutes for medium-rare or until the internal temperature reaches 150 degrees F.
- Place the steaks on individual plates and serve.

Nutrition Facts

PROTEIN 31.73% FAT 56.82% CARBS 11.45%

Properties

Glycemic Index:56, Glycemic Load:3.04, Inflammation Score:-7, Nutrition Score:36.952608771946%

Nutrients (% of daily need)

Calories: 644.39kcal (32.22%), Fat: 41.41g (63.71%), Saturated Fat: 17.35g (108.44%), Carbohydrates: 18.77g (6.26%), Net Carbohydrates: 13.42g (4.88%), Sugar: 3.86g (4.28%), Cholesterol: 152.38mg (50.79%), Sodium: 883.87mg (38.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.04g (104.09%), Vitamin C: 77.95mg (94.49%), Manganese: 1.75mg (87.33%), Selenium: 60.79µg (86.84%), Zinc: 12.26mg (81.73%), Vitamin B3: 13.15mg (65.75%), Vitamin B12: 3.86µg (64.36%), Vitamin B6: 1.29mg (64.3%), Phosphorus: 427.13mg (42.71%), Iron: 7.23mg (40.19%), Vitamin B2: 0.66mg (38.56%), Potassium: 1047.96mg (29.94%), Vitamin K: 27.18µg (25.89%), Copper: 0.49mg (24.25%), Magnesium: 90.98mg (22.74%), Vitamin B1: 0.32mg (21.51%), Fiber: 5.36g (21.43%), Vitamin A: 602.24IU (12.04%), Calcium: 99.82mg (9.98%), Folate: 23.75µg (5.94%), Vitamin B5: 0.4mg (4.04%), Vitamin E: 0.57mg (3.8%), Vitamin D: 0.31µg (2.09%)