



 **22%**
HEALTH SCORE

Grilled Polenta with Spicy Steak

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



799 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado ripe peeled sliced
- 0.3 teaspoon pepper black freshly ground
- 4 teaspoons cooking oil divided
- 0.5 teaspoon chili powder
- 1 pound flank steak trimmed
- 0.5 cup cilantro leaves fresh
- 0.5 teaspoon cumin
- 0.8 teaspoon kosher salt divided

- 18 ounce polenta cut into 8 slices
- 2 ounces queso fresco crumbled
- 0.5 cup salsa fresh refrigerated

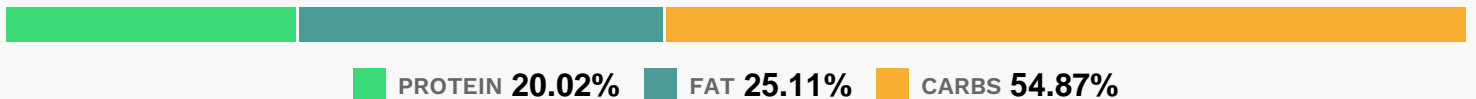
Equipment

- frying pan
- grill pan

Directions

- Heat a grill pan over medium-high heat.
- Combine 1 teaspoon oil, 1/2 teaspoon salt, cumin, chile powder, and pepper; rub evenly over steak.
- Add steak to pan; cook 6 minutes on each side or until desired degree of doneness.
- Remove steak from pan; let stand 5 minutes.
- Cut steak diagonally across grain into thin slices.
- While steak rests, brush remaining 1 tablespoon oil over both sides of polenta slices; sprinkle evenly with remaining 1/4 teaspoon salt.
- Add polenta to pan; cook 3 minutes on each side or until browned. Arrange 2 polenta slices on each of 4 plates; divide avocado evenly among servings. Top each serving with about 3 ounces steak, 2 tablespoons cilantro leaves, 2 tablespoons queso fresco, and 2 tablespoons salsa.
- Serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.39, Inflammation Score:0, Nutrition Score:24.585652361745%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 798.63kcal (39.93%), Fat: 22.13g (34.04%), Saturated Fat: 5.76g (36.01%), Carbohydrates: 108.84g (36.28%), Net Carbohydrates: 102.64g (37.32%), Sugar: 2.76g (3.06%), Cholesterol: 77.82mg (25.94%), Sodium: 826.04mg (35.91%), Alcohol: 0g (100%), Protein: 39.7g (79.4%), Selenium: 58.46µg (83.51%), Vitamin B6: 1.08mg (54.02%), Vitamin B3: 9.9mg (49.49%), Phosphorus: 416.45mg (41.65%), Zinc: 5.65mg (37.69%), Potassium: 928.83mg (26.54%), Fiber: 6.19g (24.78%), Vitamin K: 23.34µg (22.23%), Vitamin B5: 2.16mg (21.63%), Vitamin B12: 1.27µg (21.17%), Magnesium: 84.27mg (21.07%), Iron: 3.72mg (20.69%), Vitamin B1: 0.3mg (20.14%), Vitamin E: 2.67mg (17.82%), Vitamin B2: 0.29mg (16.96%), Vitamin A: 829.56IU (16.59%), Folate: 65.47µg (16.37%), Copper: 0.31mg (15.55%), Manganese: 0.3mg (14.8%), Calcium: 127.04mg (12.7%), Vitamin C: 6.2mg (7.52%), Vitamin D: 0.38µg (2.55%)