



Grilled Seafood with Banana-Lime Salsa



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 banana coarsely chopped
- ☐ 0.1 teaspoon chili powder
- ☐ 24 ounce fat-trimmed beef flank steak
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 tablespoon honey
- ☐ 2 jalapeno fresh seeded finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons lime zest

- ☐ 2 tablespoons onion red finely chopped
- ☐ 0.3 teaspoon salt

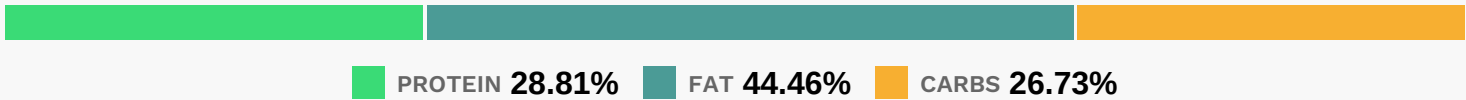
Equipment

- ☐ bowl

Directions

- ☐ Combine first 9 ingredients in a medium bowl.
- ☐ Serve over hot grilled fish.

Nutrition Facts



Properties

Glycemic Index:57.51, Glycemic Load:15.57, Inflammation Score:-5, Nutrition Score:21.826087086097%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg 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: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 481.81kcal (24.09%), Fat: 24.49g (37.68%), Saturated Fat: 10.84g (67.77%), Carbohydrates: 33.14g (11.05%), Net Carbohydrates: 29.64g (10.78%), Sugar: 19.39g (21.54%), Cholesterol: 103.76mg (34.59%), Sodium: 236.92mg (10.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.71g (71.42%), Selenium: 42.81µg (61.16%), Zinc: 8.95mg (59.64%), Vitamin B6: 1.15mg (57.7%), Vitamin B12: 2.82µg (47.06%), Vitamin B3: 9.24mg (46.2%), Vitamin B2: 0.5mg (29.62%), Phosphorus: 276.25mg (27.63%), Vitamin C: 22.14mg (26.84%), Potassium: 919.82mg (26.28%), Iron: 3.32mg (18.46%), Magnesium: 70.16mg (17.54%), Manganese: 0.34mg (17%), Fiber: 3.5g (14%), Vitamin B1: 0.19mg (12.96%), Copper: 0.24mg (11.85%), Folate: 32.78µg (8.19%), Vitamin K: 5.21µg (4.96%), Vitamin B5: 0.44mg (4.43%), Vitamin A: 213.87IU (4.28%), Vitamin E: 0.42mg (2.81%), Calcium: 22.58mg (2.26%), Vitamin D: 0.17µg (1.13%)