



Grilled Steak Salad with Texas Peaches, Pecans and Limes

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



10

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 ancho chiles seeded
- ☐ 2 tablespoons chili powder
- ☐ 1 tablespoon garlic powder
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 10 servings kosher salt and pepper black freshly ground

- ☐ 3 limes cut into 1/4-inch slices
- ☐ 4 cups baby greens mixed
- ☐ 10 servings olive oil extra-virgin
- ☐ 1 tablespoon oregano dried
- ☐ 6 yet peaches firm pitted ripe halved
- ☐ 1 cup pecans toasted
- ☐ 4 pounds skirt steak trimmed
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon paprika sweet

Equipment

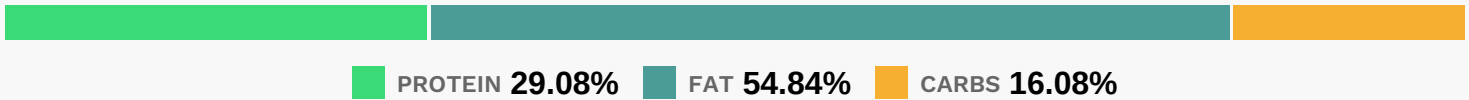
- ☐ food processor
- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ tongs
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Lay the steak out on a large platter or piece of plastic wrap and rub both sides with the Ancho Chili Powder. Marinate for 1 hour so the flavors can penetrate the meat.
- ☐ In the meantime, place a large grill pan on 2 burners over medium-high heat or preheat an outdoor gas or charcoal barbecue and get it very hot.
- ☐ Brush the grates with oil to keep food from sticking. Rub the peaches with oil and season with salt and pepper.
- ☐ Put the peaches cut-side down on the grill and cook for 5 to 8 minutes, until the flesh softens slightly and caramelizes. Turn them over with tongs and grill the other side for 3 minutes to char the skin; remove to a platter. Grill the lime slices for 2 minutes each side until slightly charred.

- ☐ Scrape off the excess chili powder on the surface of the steak so it doesn't burn on the grill. Rub the steak with oil and season both sides with of salt and pepper. Grill the steak on the hottest part of the barbecue for 4 minutes per side, until well charred.
- ☐ Transfer the steak to a cutting board and let stand for 5 minutes.
- ☐ Cut the meat across the grain on the diagonal.
- ☐ To serve: put the greens on a platter and arrange the peach halves, lime slices, and steak on top.
- ☐ Sprinkle with the pecans and drizzle the salad with the olive oil.
- ☐ This homemade chili powder will add a smoky depth to chili and as a dry rub for steaks. Toast the ancho chile pieces over low heat in a dry skillet until fragrant, shaking the pan so they don't scorch.
- ☐ Put the chiles in a mini food processor and pulse to a powder.
- ☐ Add the remaining ingredients and buzz again to combine.

Nutrition Facts



Properties

Glycemic Index:21.93, Glycemic Load:4.01, Inflammation Score:-10, Nutrition Score:34.488695559294%

Flavonoids

Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 5.14mg, Catechin: 5.14mg, Catechin: 5.14mg, Catechin: 5.14mg Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg Hesperetin: 8.64mg, Hesperetin: 8.64mg, Hesperetin: 8.64mg, Hesperetin: 8.64mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 567.78kcal (28.39%), Fat: 36.14g (55.6%), Saturated Fat: 7.75g (48.46%), Carbohydrates: 23.84g (7.95%), Net Carbohydrates: 16.35g (5.94%), Sugar: 13.24g (14.71%), Cholesterol: 114.31mg (38.1%), Sodium: 174.55mg (7.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.12g (86.24%), Zinc: 12.72mg (84.78%), Vitamin A:

4122.51IU (82.45%), Vitamin B12: 3.86µg (64.41%), Vitamin B3: 12.51mg (62.56%), Selenium: 43.58µg (62.26%), Vitamin B6: 1.01mg (50.45%), Vitamin B2: 0.79mg (46.62%), Manganese: 0.89mg (44.7%), Phosphorus: 371.51mg (37.15%), Iron: 5.91mg (32.85%), Fiber: 7.5g (29.98%), Vitamin K: 31.25µg (29.77%), Potassium: 1012.65mg (28.93%), Vitamin E: 4.3mg (28.66%), Copper: 0.43mg (21.47%), Magnesium: 82.59mg (20.65%), Vitamin C: 16.95mg (20.55%), Vitamin B1: 0.23mg (15.47%), Vitamin B5: 1.48mg (14.83%), Folate: 28.34µg (7.08%), Calcium: 64.12mg (6.41%), Vitamin D: 0.18µg (1.21%)