



Grilled Steak with Avocado and Red Onion Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados ripe sliced
- ☐ 0.5 cup cilantro sprigs
- ☐ 4 servings warm flour tortillas
- ☐ 0.5 small jalapeño chile seeded very thinly sliced
- ☐ 1 juice of lime
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 4 tablespoons olive oil divided

- ☐ 1.5 teaspoons paprika smoked sweet spanish
- ☐ 1.5 teaspoons pepper divided
- ☐ 0.5 cup onion red thinly sliced
- ☐ 2 new york strip steaks

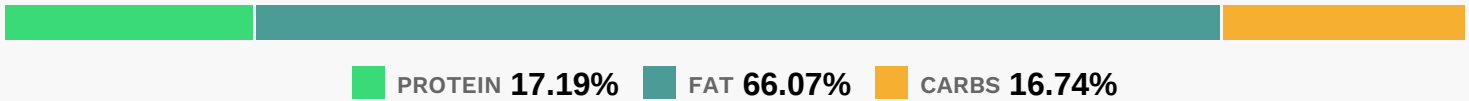
Equipment

- ☐ bowl
- ☐ grill
- ☐ cutting board

Directions

- ☐ Heat grill to medium (350 to 450).
- ☐ Brush steaks with 2 tbsp. oil and season with 1 tsp. each salt and pepper and the paprika. Grill steaks until done the way you like, turning once, 10 to 12 minutes total for medium-rare; transfer to a cutting board and let rest a few minutes.
- ☐ Toss avocados in a large bowl with onion, cilantro, remaining 2 tbsp. oil, the lime juice, jalapeo, and remaining 1/2 tsp. each salt and pepper. Slice steaks across the grain and serve with salad and tortillas.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:5.97, Inflammation Score:-7, Nutrition Score:25.429565346759%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol:

0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Nutrients (% of daily need)

Calories: 626.24kcal (31.31%), Fat: 47.31g (72.79%), Saturated Fat: 12.09g (75.59%), Carbohydrates: 26.96g (8.99%), Net Carbohydrates: 18.25g (6.64%), Sugar: 2.92g (3.25%), Cholesterol: 68.93mg (22.98%), Sodium: 1161.51mg (50.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.7g (55.4%), Selenium: 34.88µg (49.83%), Zinc: 6.7mg (44.63%), Vitamin B3: 8.77mg (43.85%), Vitamin K: 41.87µg (39.87%), Vitamin B6: 0.78mg (39.11%), Fiber: 8.71g (34.84%), Vitamin B12: 1.88µg (31.26%), Folate: 119.75µg (29.94%), Vitamin B2: 0.51mg (29.82%), Vitamin E: 4.46mg (29.7%), Phosphorus: 288.58mg (28.86%), Potassium: 907.89mg (25.94%), Vitamin B1: 0.33mg (22.27%), Iron: 3.99mg (22.17%), Manganese: 0.44mg (21.9%), Vitamin C: 16.4mg (19.88%), Copper: 0.34mg (17.07%), Magnesium: 65.5mg (16.37%), Vitamin B5: 1.53mg (15.25%), Vitamin A: 695.16IU (13.9%), Calcium: 76.69mg (7.67%)