



Make-Ahead Jicama Salad with Seared Steak, Pomegranate and Cilantro

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



2

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon canola oil
- 1 cup cilantro leaves fresh
- 1 medium jicama peeled cut into 1/4-inch matchsticks
- 2 servings kosher salt
- 2 teaspoons lime zest
- 0.8 cup orange juice
- 0.3 cup pomegranate seeds

- 8 ounces skirt steak
- 2 tablespoons soya sauce

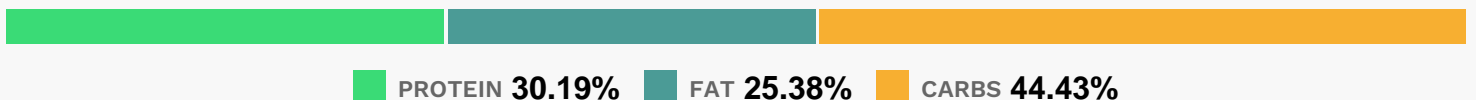
Equipment

- bowl
- frying pan
- paper towels
- whisk
- kitchen thermometer

Directions

- Whisk together orange juice, soy sauce, lime zest and juice and a pinch of salt. Set aside 3 tablespoons. Roughly chop half of cilantro.
- Add steak and chopped cilantro to remaining marinade mixture and let marinate for 20 minutes at room temperature.
- Remove steak from marinade and pat dry on paper towels.
- Heat oil in large skillet over medium-high heat until smoking.
- Remove steak from marinade and sear until well-browned on both sides and center of steak registers 130°F on an instant read thermometer, about 2 minutes per side.
- Let steak rest for 5 minutes, then cut into 1/4-inch slices against the grain.
- Toss jicama, remaining cilantro and reserved 3 tablespoons dressing together in bowl. Scatter pomegranate over. and place steak on top. Refrigerate at least 1 hour or overnight.
- Serve

Nutrition Facts



Properties

Glycemic Index:106.5, Glycemic Load:9.09, Inflammation Score:-8, Nutrition Score:29.895217511965%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg 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: 11.97mg, Hesperetin: 11.97mg, Hesperetin: 11.97mg, Hesperetin: 11.97mg Naringenin: 2.06mg, Naringenin: 2.06mg, Naringenin: 2.06mg, Naringenin: 2.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 388.49kcal (19.42%), Fat: 11.19g (17.21%), Saturated Fat: 3.4g (21.26%), Carbohydrates: 44.07g (14.69%), Net Carbohydrates: 26.5g (9.64%), Sugar: 16.96g (18.85%), Cholesterol: 71.44mg (23.81%), Sodium: 1292.56mg (56.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.95g (59.89%), Vitamin C: 117.89mg (142.9%), Fiber: 17.58g (70.3%), Zinc: 8.07mg (53.79%), Vitamin B3: 8.33mg (41.65%), Vitamin B12: 2.42µg (40.26%), Selenium: 27.67µg (39.53%), Vitamin B6: 0.73mg (36.65%), Potassium: 1141.67mg (32.62%), Vitamin B2: 0.54mg (31.64%), Vitamin K: 32.38µg (30.84%), Phosphorus: 284.73mg (28.47%), Iron: 4.8mg (26.69%), Manganese: 0.45mg (22.69%), Folate: 86.99µg (21.75%), Magnesium: 86.58mg (21.65%), Copper: 0.37mg (18.47%), Vitamin B1: 0.25mg (16.53%), Vitamin A: 805.11IU (16.1%), Vitamin E: 2.34mg (15.62%), Vitamin B5: 1.47mg (14.74%), Calcium: 68.36mg (6.84%)