



Mojito Strip Steaks with Pico de Gallo



Gluten Free



Dairy Free



Low Fod Map

READY IN



7 min.

SERVINGS



4

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 inch beef strip steaks trimmed cut in half crosswise (1 pound)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 tablespoons rum light
- ☐ 1 lime
- ☐ 4 servings pico de gallo
- ☐ 0.5 teaspoon salt

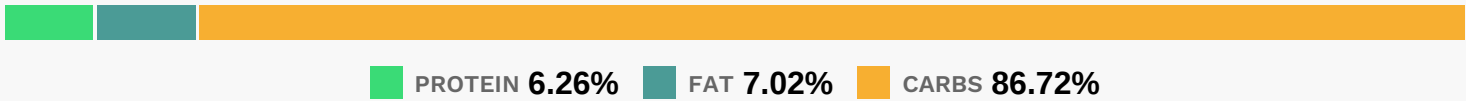
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Grate rind and squeeze juice from lime to measure 1 teaspoon and 1 tablespoon, respectively.
- ☐ Combine rind, juice, mint, and rum in a large zip-top plastic bag.
- ☐ Add steak to bag, and seal bag. Marinate in refrigerator 30 minutes, turning occasionally.
- ☐ While steak marinates, prepare Pico de Gallo.
- ☐ Prepare grill.
- ☐ Remove steaks from marinade, discarding marinade.
- ☐ Sprinkle steaks with salt and pepper.
- ☐ Place steaks on a grill rack coated with cooking spray. Grill 2 minutes on each side or until desired degree of doneness.
- ☐ Let stand 3 minutes.
- ☐ Cut steak into slices.
- ☐ Serve with Pico de Gallo.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.44, Inflammation Score:-2, Nutrition Score:1.4039130395521%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 7.49mg, Hesperetin: 7.49mg, Hesperetin: 7.49mg, Hesperetin: 7.49mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 35.83kcal (1.79%), Fat: 0.19g (0.29%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 4.39g (1.6%), Sugar: 2.16g (2.4%), Cholesterol: 0.55mg (0.18%), Sodium: 433.03mg (18.83%),

Alcohol: 2.51g (100%), Alcohol %: 5.41% (100%), Protein: 0.37g (0.74%), Vitamin C: 6.91mg (8.37%), Vitamin A: 223.12IU (4.46%), Manganese: 0.07mg (3.42%), Fiber: 0.76g (3.03%), Iron: 0.28mg (1.57%), Calcium: 13.79mg (1.38%), Copper: 0.03mg (1.28%), Folate: 4.65µg (1.16%), Potassium: 38.53mg (1.1%)