



Peppered steak tortilla salad



Gluten Free



Dairy Free



Very Healthy

READY IN



18 min.

SERVINGS



2

CALORIES



754 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tortillas soft
- ☐ 2 small fat-trimmed beef flank steak thin-cut trimmed (85g 3oz each)
- ☐ 1 avocado ripe
- ☐ 2 tbsp mustard
- ☐ 110.5 g watercress
- ☐ 1 tbsp olive oil

Equipment

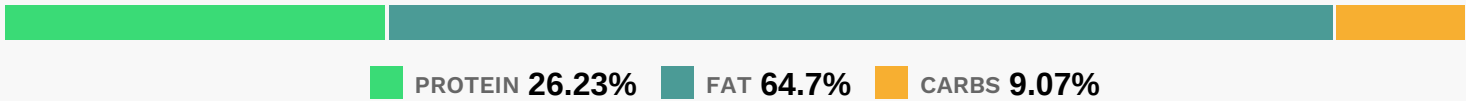
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Brush the tortilla with a little oil, then bake on a baking sheet in the oven for 6–8 mins until crisp.
- ☐ Meanwhile, rub a little more oil over the steaks and generously season.
- ☐ Heat a griddle or frying pan until hot, then cook the steaks for 1–2 mins each side, depending on the thickness of your steak and how you like it cooked.
- ☐ Remove from the pan and rest on a plate while you get the other ingredients ready.
- ☐ Stone and peel the avocado, then thickly slice.
- ☐ Whisk the mustard mayo with the remaining oil, 2 tsp water and the resting juices from the steak. Break the tortilla into pieces and slice the steak, trimming off any excess fat. Divide the salad between 2 plates, top with the avocado, tortilla pieces, sliced steak and finally drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:3.26, Inflammation Score:-9, Nutrition Score:39.938260980274%

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 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: 12.72mg, Kaempferol: 12.72mg, Kaempferol: 12.72mg, Kaempferol: 12.72mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 16.57mg, Quercetin: 16.57mg, Quercetin: 16.57mg, Quercetin: 16.57mg

Nutrients (% of daily need)

Calories: 753.89kcal (37.69%), Fat: 55.49g (85.37%), Saturated Fat: 17.81g (111.33%), Carbohydrates: 17.49g (5.83%), Net Carbohydrates: 9.31g (3.39%), Sugar: 1.54g (1.71%), Cholesterol: 137.86mg (45.95%), Sodium: 422.75mg (18.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.62g (101.24%), Vitamin K: 168.14µg (160.13%), Selenium: 64.49µg (92.13%), Zinc: 12.47mg (83.16%), Vitamin B3: 13.67mg (68.36%), Vitamin B12: 3.75µg (62.53%), Vitamin B6: 1.25mg (62.52%), Vitamin B2: 0.79mg (46.43%), Phosphorus: 457.95mg (45.79%), Vitamin C: 33.87mg (41.05%), Vitamin A: 1954.31IU (39.09%), Potassium: 1316.75mg (37.62%), Fiber: 8.18g (32.72%), Iron: 5.37mg (29.85%), Vitamin B1: 0.42mg (27.98%), Folate: 108.31µg (27.08%), Magnesium: 98.71mg (24.68%), Vitamin E: 3.69mg (24.62%), Copper: 0.44mg (21.82%), Manganese: 0.41mg (20.71%), Vitamin B5: 1.64mg (16.37%), Calcium: 125.6mg (12.56%), Vitamin D: 0.23µg (1.51%)