



WHATSheATE



HEALTH SCORE

95%

Queen Korina's Salad



Very Healthy

READY IN



190 min.

SERVINGS



4

CALORIES



930 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



4 avocados pitted halved sliced



3 bay leaves



24 ounces beef stock



1 teaspoon pepper black freshly ground



4 servings pepper black freshly ground



4 servings sea salt



1.5 pound flank steak



1 bunch cilantro leaves fresh coarsely chopped

- ☐ 4 cloves garlic smashed
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 teaspoons ground cumin
- ☐ 1 tablespoon pickled jalapeno juice
- ☐ 5 tablespoons juice of lime freshly squeezed
- ☐ 1 cup olive oil extra-virgin
- ☐ 3 tablespoons mexican oregano dried
- ☐ 2 bunches radishes chilled cleaned well
- ☐ 1 medium onion red thinly sliced
- ☐ 4 hearts romaine shredded
- ☐ 1.5 teaspoons sea salt fine
- ☐ 1 onion sweet quartered
- ☐ 4 large tomatoes cut in wedges
- ☐ 4 servings tortilla chips for serving
- ☐ 2 cups water
- ☐ 5 tablespoons vinegar white
- ☐ 12 peppercorns whole

Equipment

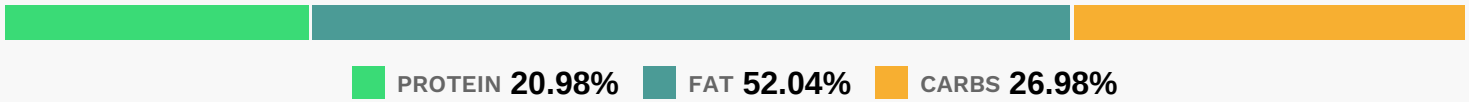
- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ For the meat: Rub the flank steak with oregano, cumin, salt and cracked pepper.
- ☐ Place the steak, beef stock, water, garlic, onion, bay leaves and peppercorns in a large pot, bring to a boil. Simmer for 1 1/2 hours until meat is fork tender and comes easily apart with a fork. If you need to add some more liquid during the cooking process, go ahead.
- ☐ Add more beef broth or water would be fine.

- ☐ Remove the pot off the burner and allow to cool to room temperature, about 20 minutes.
- ☐ When it's cooled to room temperature, cover with lid and place into the refrigerator. Cool in the refrigerator for 1 to 3 hours. After it's cold, trim off any remaining fat, cut into 4 pieces across the grain and then shred using 2 forks.
- ☐ Place it back into the liquid until ready to serve. Before adding to the salad, drain off liquid and discard.
- ☐ Whisk all the ingredients together, adding in the olive oil in a steady stream until incorporated.
- ☐ For the salad and assembly: Toss the lettuce and vegetables with the vinaigrette, and top with meat.
- ☐ Add freshly made corn tortilla chips around side of bowl.

Nutrition Facts



Properties

Glycemic Index:100.19, Glycemic Load:4.68, Inflammation Score:-10, Nutrition Score:61.697826053785%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Pelargonidin: 15.78mg, Pelargonidin: 15.78mg, Pelargonidin: 15.78mg, Pelargonidin: 15.78mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 22.37mg, Quercetin: 22.37mg, Quercetin: 22.37mg, Quercetin: 22.37mg

Nutrients (% of daily need)

Calories: 929.89kcal (46.49%), Fat: 56.14g (86.37%), Saturated Fat: 10.36g (64.73%), Carbohydrates: 65.48g (21.83%), Net Carbohydrates: 42.16g (15.33%), Sugar: 15.3g (17%), Cholesterol: 102.06mg (34.02%), Sodium: 1646.03mg (71.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.91g (101.82%), Vitamin A: 11889.65IU (237.79%), Vitamin K: 218.88µg (208.46%), Vitamin B6: 2.17mg (108.67%), Folate: 415.68µg (103.92%), Fiber: 23.32g (93.29%), Vitamin B3: 17.76mg (88.82%), Potassium: 2958.7mg (84.53%), Vitamin C: 66.61mg (80.74%), Selenium: 56.26µg (80.37%), Phosphorus: 699.28mg (69.93%), Zinc: 9.52mg (63.48%), Manganese: 1.23mg (61.53%), Vitamin

E: 9.2mg (61.31%), Iron: 9.07mg (50.38%), Magnesium: 200.37mg (50.09%), Vitamin B5: 4.78mg (47.75%), Vitamin B2: 0.81mg (47.71%), Copper: 0.94mg (46.81%), Vitamin B1: 0.58mg (38.6%), Calcium: 279.09mg (27.91%), Vitamin B12: 1.55µg (25.8%)