



Shredded Beef Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



412 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 avocado pitted peeled halved sliced
- 1 bay leaves
- 4 peppercorns whole black
- 6 servings tortilla chips
- 1 pound flank steak
- 2 tablespoons cilantro leaves fresh chopped
- 2 garlic clove crushed peeled
- 0.5 teaspoon pepper black

- 1.5 tablespoons juice of lime fresh
- 0.5 cup olive oil extra virgin extra-virgin
- 1 tablespoon oregano dried
- 6 radishes thinly sliced
- 0.5 cup onion red thinly sliced
- 2 baby greens cored quartered
- 1.5 teaspoons sea salt fine
- 2 large tomatoes cut into wedges
- 3 tablespoons vinegar white
- 1 onion white quartered

Equipment

- bowl
- whisk
- pot

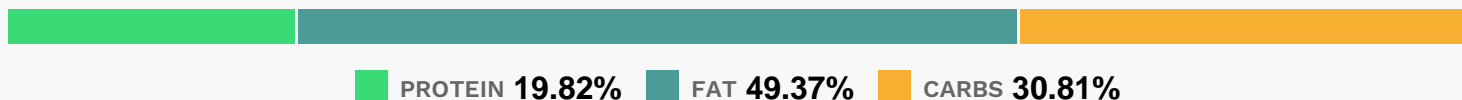
Directions

- Place steak in large pot.
- Add enough water to cover steak by 2 inches (about 10 cups).
- Add onion, salt, garlic, peppercorns, and bay leaf. Bring to boil over high heat, skimming any foam from top of cooking liquid. Reduce heat to medium-low.
- Add oregano. Simmer un-covered until steak is tender, adding more water to cover steak if necessary, about 1 1/2 hours. Cool slightly. Refrigerate uncovered until meat and liquid are cold, at least 3 hours and up to 1 day.
- Remove steak from liquid, reserving liquid. Trim excess fat.
- Cut steak crosswise into 3 pieces, then shred coarsely.
- Transfer beef to large bowl.
- Add enough cooking liquid to bowl to cover beef completely.
- Whisk vinegar, lime juice, oregano, salt, and pepper in small bowl to blend. Gradually whisk in oil. (Shredded beef and vinaigrette can be made 1 day ahead. Cover separately; chill. Bring

vinaigrette to room temperature and rewhisk before using.)

- Combine tomatoes, red onion, and 3 tablespoons vinaigrette in medium bowl; toss to coat. Season to taste with salt and pepper.
- Drain all cooking liquid from shredded beef.
- Add lettuce, radishes, and cilantro to bowl with beef.
- Mix in enough of remaining vinaigrette to coat. Season salad to taste with salt and pepper.
- Divide salad among plates; surround with tomato mixture.
- Garnish with avocado slices.
- Serve with corn chips.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:1.92, Inflammation Score:-10, Nutrition Score:25.915217233741%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 412.13kcal (20.61%), Fat: 23.35g (35.92%), Saturated Fat: 4.34g (27.14%), Carbohydrates: 32.78g (10.93%), Net Carbohydrates: 24.2g (8.8%), Sugar: 4.23g (4.71%), Cholesterol: 45.36mg (15.12%), Sodium: 727.64mg (31.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.08g (42.17%), Vitamin A: 3913.14IU (78.26%), Vitamin K: 72.59µg (69.13%), Vitamin B6: 0.82mg (41.03%), Selenium: 24.37µg (34.82%), Folate: 137.33µg (34.33%), Fiber: 8.58g (34.32%), Vitamin B3: 6.69mg (33.44%), Phosphorus: 290.45mg (29.05%), Potassium: 949.17mg (27.12%), Zinc: 4.01mg (26.73%), Vitamin C: 20.95mg (25.4%), Vitamin E: 3.66mg (24.42%), Magnesium: 78.44mg (19.61%),

Vitamin B5: 1.91mg (19.14%), Manganese: 0.37mg (18.56%), Iron: 2.95mg (16.41%), Copper: 0.29mg (14.58%), Vitamin B2: 0.25mg (14.55%), Vitamin B1: 0.21mg (13.86%), Vitamin B12: 0.69µg (11.47%), Calcium: 98.16mg (9.82%)