



## Skillet Beef Steak with Avocado Sauce

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 fully avocados ripe cut in half
- 0.5 cup knudsen cream sour
- 0.3 cup cilantro leaves fresh divided finely chopped
- 3 cloves garlic
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 1 onion sliced
- 2 lb beef sirloin steaks boneless
- 0.3 lb tomatillos

## Equipment

- frying pan
- sauce pan
- blender

## Directions

- Pour 1/3 cup dressing over steaks in shallow dish; turn to coat both sides of each steak. Refrigerate 30 min. to marinate. Meanwhile, cook tomatillos in 2 cups simmering water in saucepan on low heat 15 min. or until tomatillos are softened and skins are tender. (Do not let tomatillos boil.)
- Drain tomatillos, reserving 1/2 cup cooking liquid; place tomatillos and reserved liquid in blender.
- Add avocados, 1/4 cup cilantro, 1/2 cup onions and garlic; blend until smooth.
- Heat remaining dressing in large skillet on medium-high heat.
- Add onions; cook on medium heat 5 min.
- Remove from skillet; cover to keep warm.
- Remove steaks from marinade; discard marinade.
- Add steaks, in batches, to skillet; cook 2 min. on each side or until medium doneness (160F). Return steaks and onions to skillet. Top with avocado sauce. Cook on low heat 1 to 2 min. or until sauce is heated through.
- Serve topped with sour cream and remaining cilantro.

## Nutrition Facts



## Properties

Glycemic Index:12.9, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:14.193478185198%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg,

Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

## **Nutrients (% of daily need)**

Calories: 247.25kcal (12.36%), Fat: 14.94g (22.99%), Saturated Fat: 3.94g (24.6%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 4.26g (1.55%), Sugar: 2.85g (3.17%), Cholesterol: 62.12mg (20.71%), Sodium: 175.72mg (7.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.31g (42.62%), Vitamin B3: 7.69mg (38.46%), Vitamin B6: 0.69mg (34.61%), Selenium: 24.2µg (34.57%), Zinc: 4.12mg (27.44%), Phosphorus: 226.62mg (22.66%), Vitamin B12: 1.1µg (18.39%), Vitamin K: 19.23µg (18.32%), Potassium: 582.31mg (16.64%), Fiber: 3.13g (12.52%), Vitamin B5: 1.23mg (12.27%), Folate: 48.29µg (12.07%), Vitamin B2: 0.18mg (10.44%), Iron: 1.86mg (10.31%), Vitamin E: 1.49mg (9.95%), Magnesium: 37.99mg (9.5%), Copper: 0.16mg (8.2%), Vitamin C: 6.74mg (8.16%), Vitamin B1: 0.1mg (6.61%), Manganese: 0.12mg (6.18%), Calcium: 48.68mg (4.87%), Vitamin A: 183.78IU (3.68%)