



Sliced Steak with Roasted-Corn Salsa

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon chili powder
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 3 cups ears corn fresh (3 ears)
- ☐ 2 garlic clove minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 1 jalapeno fresh diced finely (including seeds)
- ☐ 1.5 teaspoons kosher salt

- ☐ 4 servings lime wedges
- ☐ 2 plum tomatoes diced finely
- ☐ 4 spring onion white green thinly sliced
- ☐ 2 pound rump steak boneless thick trimmed
- ☐ 2 tablespoons butter unsalted

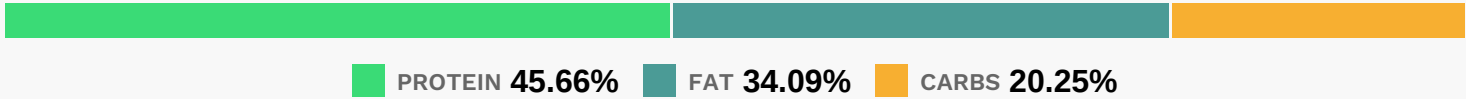
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Prepare grill for cooking.
- ☐ Heat a dry large cast-iron skillet over moderately high heat until hot, then pan-roast corn, stirring occasionally, until golden brown, 8 to 10 minutes.
- ☐ Transfer to a bowl.
- ☐ Cook white part of scallions in butter with garlic, 1 teaspoon salt, 1/2 teaspoon each cumin and chili powder, and 1/4 teaspoon pepper in skillet over moderate heat, stirring, until scallions are tender, 3 to 4 minutes.
- ☐ Remove from heat and stir in corn, tomatoes, and jalapeños.
- ☐ Combine remaining 1/2 teaspoon salt, 1 teaspoon cumin, 1/2 teaspoon chili powder, and 1/4 teaspoon pepper and sprinkle on both sides of steak. Grill, turning once, until an instant-read thermometer inserted horizontally into thickest part of meat registers 130°F, 18 to 20 minutes total for medium-rare.
- ☐ Transfer steak to a grooved cutting board and let stand 5 to 10 minutes before slicing.
- ☐ While steak is standing, reheat corn mixture over moderate heat, stirring occasionally. Stir in cilantro and scallion greens.
- ☐ Spoon corn on top of sliced steak and pour over any accumulated juices.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:0.75, Inflammation Score:-8, Nutrition Score:32.673477960669%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 467.94kcal (23.4%), Fat: 17.98g (27.67%), Saturated Fat: 7.87g (49.19%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 20.67g (7.52%), Sugar: 8.15g (9.05%), Cholesterol: 153.4mg (51.13%), Sodium: 1032.23mg (44.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.18g (108.36%), Vitamin B3: 19.17mg (95.83%), Selenium: 59.02µg (84.32%), Vitamin B6: 1.55mg (77.31%), Zinc: 10.09mg (67.24%), Phosphorus: 584.78mg (58.48%), Vitamin B12: 2.71µg (45.18%), Potassium: 1225.13mg (35%), Vitamin K: 35.81µg (34.11%), Iron: 5.2mg (28.88%), Magnesium: 103.51mg (25.88%), Vitamin B5: 2.34mg (23.39%), Vitamin C: 19.14mg (23.2%), Vitamin B1: 0.34mg (22.46%), Folate: 89.65µg (22.41%), Vitamin A: 1021.15IU (20.42%), Vitamin B2: 0.33mg (19.64%), Manganese: 0.36mg (18.21%), Copper: 0.28mg (13.91%), Fiber: 3.36g (13.44%), Vitamin E: 1.59mg (10.62%), Calcium: 93.51mg (9.35%), Vitamin D: 0.33µg (2.21%)