



Southwest-Style Steak Salad

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

READY IN



30 min.

SERVINGS



30

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado chopped
- 1 lb beef sirloin steak boneless
- 0.5 cup cilantro leaves chopped
- 2 ears corn on the cob
- 0.5 cup classic ranch dressing kraft
- 10 oz torn salad greens mixed
- 2 tsp fajita seasoning
- 1 cup coarsely tortilla chips crushed

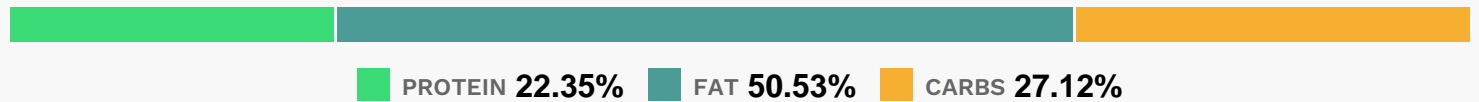
Equipment

- knife
- grill
- aluminum foil

Directions

- Heat grill to medium-high heat.
- Sprinkle steak with seasoning. Grill 5 min. on each side or until medium doneness (160F), adding corn to grill the last 5 min. and cooking until tender and golden brown, turning occasionally.
- Remove steak and corn from grill; cover steak loosely with foil. Cool corn 5 min.; cut off kernels with sharp knife.
- Cut steak across the grain into thin slices.
- Cover 4 plates with salad greens; top with avocados, corn, crushed chips and cilantro.
- Drizzle with dressing. Top with meat.

Nutrition Facts



Properties

Glycemic Index:2.57, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:3.7769565438933%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 72.82kcal (3.64%), Fat: 4.2g (6.46%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 4.15g (1.51%), Sugar: 0.65g (0.73%), Cholesterol: 9.96mg (3.32%), Sodium: 61.11mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Vitamin K: 10.62µg (10.12%), Selenium: 5.08µg (7.26%), Vitamin B6: 0.14mg (6.86%), Vitamin B3: 1.31mg (6.53%), Phosphorus: 61.09mg (6.11%), Zinc: 0.76mg (5.1%), Vitamin

C: 3.35mg (4.06%), Potassium: 133.99mg (3.83%), Folate: 14.97µg (3.74%), Fiber: 0.92g (3.69%), Vitamin B5: 0.33mg (3.28%), Magnesium: 13.06mg (3.26%), Vitamin E: 0.48mg (3.17%), Iron: 0.57mg (3.15%), Vitamin A: 153.57IU (3.07%), Manganese: 0.05mg (2.7%), Vitamin B2: 0.04mg (2.54%), Vitamin B12: 0.15µg (2.48%), Vitamin B1: 0.03mg (2.31%), Copper: 0.04mg (1.97%), Calcium: 16.09mg (1.61%)