



Spice-Rubbed Steak with White Beans and Cherry Tomatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce beans white drained canned
- ☐ 1 pint cherry tomatoes
- ☐ 2 teaspoons chili powder
- ☐ 4 servings kosher salt
- ☐ 2 garlic clove pressed
- ☐ 1.5 teaspoons ground cumin divided
- ☐ 2 tablespoons olive oil divided

- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 1.3 pound beef top sirloin steaks ()

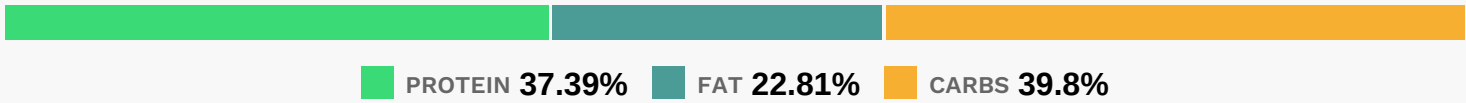
Equipment

- ☐ frying pan
- ☐ cutting board

Directions

- ☐ Mix chili powder, 1/2 teaspoon cumin,crushed red pepper, and oregano in smallbowl.
- ☐ Sprinkle spices, salt, and pepper allover steak.
- ☐ Heat 1 tablespoon oil in largeskillet over medium-high heat. Cook steakto desired doneness, 5 minutes per side formedium-rare.
- ☐ Transfer to cutting board.Wipe out skillet; add 1 tablespoon oil.
- ☐ Addtomatoes; sauté 1 to 2 minutes. Stir in garlicand 1 teaspoon cumin.
- ☐ Add drained beans;stir until heated through, adding water bytablespoonfuls if dry, 3 minutes.
- ☐ Slice steak; serve with beans.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:10.97, Inflammation Score:-9, Nutrition Score:36.35434789243%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 516.18kcal (25.81%), Fat: 13.17g (20.27%), Saturated Fat: 3.06g (19.1%), Carbohydrates: 51.74g (17.25%), Net Carbohydrates: 39.86g (14.49%), Sugar: 3.72g (4.14%), Cholesterol: 83.63mg (27.88%), Sodium: 323.19mg (14.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.6g (97.21%), Selenium: 48.23µg (68.9%), Manganese: 1.34mg (66.79%), Vitamin B6: 1.2mg (60.08%), Iron: 10.45mg (58.06%), Zinc: 8.35mg (55.66%), Phosphorus: 536.97mg (53.7%), Vitamin B3: 10.28mg (51.41%), Potassium: 1784.31mg (50.98%), Fiber: 11.88g (47.51%), Folate: 173.73µg (43.43%), Magnesium: 158.4mg (39.6%), Copper: 0.72mg (36.02%), Vitamin C: 27.52mg (33.36%), Vitamin E: 4.44mg (29.58%), Vitamin B1: 0.37mg (24.36%), Calcium: 222.23mg (22.22%), Vitamin B12: 1.33µg (22.21%), Vitamin A: 1041.37IU (20.83%), Vitamin K: 20.01µg (19.06%), Vitamin B2: 0.3mg (17.39%), Vitamin B5: 1.5mg (15%)