



54%  
HEALTH SCORE

## Steak Fajitas with Fresh Guacamole

 Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons plus light
- 12 ounces flank steak leftover
- 2 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic minced
- 1 bell pepper green seeded cut into thin strips
- 0.3 teaspoon ground pepper black plus more for seasoning
- 2 hass avocados pitted ripe peeled
- 0.5 teaspoon hot sauce to taste

- 2 juice of lime juiced
- 1 onion halved thinly sliced
- 1 bell pepper red seeded cut into thin strips
- 0.3 cup red wine vinegar
- 4 servings salt
- 0.3 cup soya sauce
- 0.5 cup tomatoes diced canned
- 8 tortillas

## Equipment

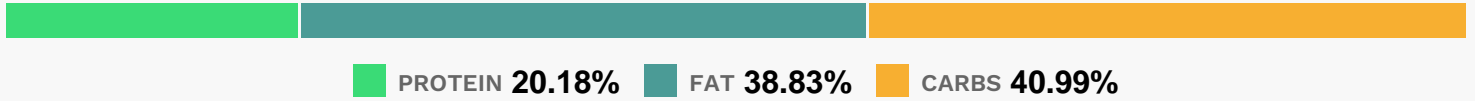
- bowl
- frying pan
- whisk
- plastic wrap
- stove
- microwave
- grill pan

## Directions

- Watch how to make this recipe.
- In a shallow dish, whisk together soy sauce, vinegar, corn syrup, hot sauce, and pepper.
- Add steak, bell peppers and onion and toss to coat. Cook immediately or cover with plastic wrap and refrigerate up to 24 hours.
- Set a large nonstick skillet or stove-top grill pan over medium heat. Spray with cooking spray and add steak and vegetables, with the marinade.
- Saute 5 to 7 minutes, until vegetables are tender-crisp.
- Transfer mixture to a serving platter.
- Meanwhile, warm tortillas in the microwave or according to package directions.

- To make the guacamole, in a zip-top bag or medium bowl, mash avocado lightly. Then add tomato, garlic, lime juice and cilantro and combine. Season, to taste, with salt and black pepper.
- Serve fajitas with guacamole on the side.

## Nutrition Facts



### Properties

Glycemic Index:77.25, Glycemic Load:13.61, Inflammation Score:-9, Nutrition Score:33.172173707382%

### Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

### Nutrients (% of daily need)

Calories: 544.35kcal (27.22%), Fat: 24.13g (37.13%), Saturated Fat: 5.72g (35.76%), Carbohydrates: 57.31g (19.1%), Net Carbohydrates: 46.06g (16.75%), Sugar: 16.32g (18.14%), Cholesterol: 51.03mg (17.01%), Sodium: 1562.49mg (67.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.21g (56.43%), Vitamin C: 82.34mg (99.8%), Selenium: 39.65µg (56.64%), Vitamin B3: 11.14mg (55.71%), Vitamin B6: 1.09mg (54.73%), Fiber: 11.25g (45.01%), Folate: 179.01µg (44.75%), Phosphorus: 403.79mg (40.38%), Manganese: 0.73mg (36.67%), Vitamin B1: 0.52mg (34.73%), Potassium: 1159.76mg (33.14%), Vitamin K: 32.77µg (31.21%), Zinc: 4.61mg (30.72%), Iron: 5.19mg (28.84%), Vitamin B2: 0.48mg (28.31%), Vitamin A: 1276.49IU (25.53%), Vitamin B5: 2.36mg (23.57%), Vitamin E: 3.33mg (22.21%), Copper: 0.44mg (21.91%), Magnesium: 84.78mg (21.19%), Calcium: 150.08mg (15.01%), Vitamin B12: 0.77µg (12.9%)