



Steak Tostadas with Radish Salad

 Gluten Free  Dairy Free  Low Fod Map

READY IN



50 min.

SERVINGS



50

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb beef skirt steak
- 0.8 cup cilantro leaves fresh
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1 lime divided cut in half,
- 0.5 cup real mayo mayonnaise kraft
- 2 jalapeño peppers stemmed
- 8 radishes sliced
- 8 tostada shells

Equipment

- bowl
- blender
- grill

Directions

- Blend mayo, peppers and cilantro in blender until smooth.
- Pour 1/4 cup mayo mixture over steak in large shallow dish; turn steak over to coat both sides. Refrigerate 30 min. to marinate.
- Heat grill to medium heat.
- Remove steak from marinade; discard marinade. Grill steak 3 min. on each side or until medium doneness (160F). Meanwhile, squeeze juice from 1 lime half into small bowl.
- Add radishes and dressing; mix well.
- Cut steak across the grain into thin slices; place on tostada shells. Top with remaining mayo and radish mixtures. Squeeze juice of remaining lime over tostadas.

Nutrition Facts



Properties

Glycemic Index:3.12, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.3134782401764%

Flavonoids

Pelargonidin: 0.4mg, Pelargonidin: 0.4mg, Pelargonidin: 0.4mg, Pelargonidin: 0.4mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 51.49kcal (2.57%), Fat: 3.44g (5.29%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.23g (0.25%), Cholesterol: 9.51mg (3.17%), Sodium: 46.92mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Zinc: 0.92mg (6.15%), Vitamin C: 4.38mg (5.31%),

Vitamin K: 5.3µg (5.04%), Vitamin B12: 0.29µg (4.88%), Selenium: 3.13µg (4.47%), Vitamin B3: 0.84mg (4.22%),
Vitamin B6: 0.08mg (4.07%), Vitamin B2: 0.05mg (2.86%), Phosphorus: 28.31mg (2.83%), Iron: 0.32mg (1.76%),
Potassium: 59.37mg (1.7%), Manganese: 0.03mg (1.43%), Magnesium: 5.73mg (1.43%), Vitamin B1: 0.02mg (1.41%),
Fiber: 0.29g (1.15%), Copper: 0.02mg (1.03%)