






 **64%**  
HEALTH SCORE

# Steak with Avocado Sauce and Tomato Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN  
  
**30 min.**

SERVINGS  
  
**4**

CALORIES  
  
**359 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 1.3 pounds beef eye round roast (in 1 piece)
- 1 tablespoon chili powder mexican-style
- 0.3 cup cilantro leaves fresh
- 1 large clove garlic
- 1 cup grape tomatoes halved
- 1 haas avocados ripe
- 4 servings kosher salt
- 2 tablespoons juice of lime for garnish

- 2 tablespoons olive oil extra-virgin
- 7 to 8 hearts of palm canned sliced
- 4 servings pepper freshly ground

## Equipment

- food processor
- bowl
- frying pan
- blender
- kitchen thermometer

## Directions

- Slice the roast crosswise into 3 even steaks.
- Heat a cast-iron skillet over medium-high heat.
- Brush the steaks all over with 1 tablespoon olive oil, season with the chili powder and add salt to taste. Cook until a thermometer inserted into the side registers 125 degrees for medium-rare, 4 to 5 minutes per side.
- Let rest for 5 minutes.
- Meanwhile, toss the tomatoes and hearts of palm in a bowl with the remaining 1 tablespoon olive oil, 1 tablespoon lime juice, and salt and pepper to taste.
- Halve and pit the avocado; scoop the flesh into a blender or food processor.
- Add the cilantro, garlic, the remaining 1 tablespoon lime juice and 1/2 cup water; puree. Season with salt.
- Thinly slice the steaks.
- Serve with the avocado sauce, tomato salad and tortillas for wrapping, if desired.
- Garnish with lime wedges.
- Per serving: Calories 325; Fat 17 g (Sat. 3.3 g; Mono. 10.2 g; Poly. 1.8 g); Cholesterol 58 mg; Sodium 337 mg; Carbohydrate 9 g; Fiber 5 g; Protein 35 g
- Photography by Antonis Achilleos

## Nutrition Facts

PROTEIN 36.71% FAT 54.12% CARBS 9.17%

## Properties

Glycemic Index:51, Glycemic Load:1.02, Inflammation Score:-8, Nutrition Score:23.904782647672%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 3.18mg, Hesperetin: 3.18mg, Hesperetin: 3.18mg, Hesperetin: 3.18mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 358.98kcal (17.95%), Fat: 21.81g (33.55%), Saturated Fat: 4.51g (28.18%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 3.49g (1.27%), Sugar: 1.9g (2.11%), Cholesterol: 87.88mg (29.29%), Sodium: 312.64mg (13.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.28g (66.57%), Vitamin B6: 1.16mg (57.77%), Selenium: 40.04µg (57.2%), Vitamin B3: 10.96mg (54.79%), Vitamin B12: 2.62µg (43.71%), Zinc: 6.46mg (43.05%), Phosphorus: 351.55mg (35.16%), Potassium: 904.89mg (25.85%), Vitamin K: 25.88µg (24.65%), Vitamin E: 3.5mg (23.32%), Vitamin A: 1072.13IU (21.44%), Iron: 3.8mg (21.13%), Fiber: 4.82g (19.29%), Vitamin B2: 0.33mg (19.16%), Folate: 67.15µg (16.79%), Vitamin C: 13.03mg (15.79%), Copper: 0.3mg (14.96%), Magnesium: 57mg (14.25%), Vitamin B5: 1.4mg (13.96%), Vitamin B1: 0.19mg (12.66%), Manganese: 0.2mg (9.99%), Calcium: 48.93mg (4.89%)