



HEALTH SCORE

100%

Steak with spiced rice & beans



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



702 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 tsp olive oil



1 small onion sliced



100 g rice long-grain



1.5 tsp fajita seasoning



215 g kidney bean rinsed drained canned



400 g rump steaks



1 handful coriander leaves roughly chopped



2 servings tomato salsa

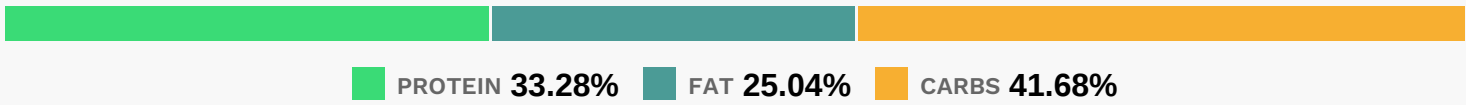
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 3 tsp oil in a medium saucepan and cook the onion for 3–4 mins until golden. Stir in the rice and 1 tsp fajita seasoning, then cook for 1 min.
- ☐ Pour in 300ml boiling water and a pinch of salt and stir. Cover and simmer for 15–20 mins until all the water has been absorbed and the rice is tender. Stir in the beans and keep warm.
- ☐ Meanwhile, rub the remaining oil, fajita seasoning and salt and pepper over the rump steaks.
- ☐ Heat a griddle pan, then fry the steaks for 2–3 mins each side. Stir the coriander into the rice and serve with the steaks and a dollop of salsa on top.

Nutrition Facts



Properties

Glycemic Index:78.24, Glycemic Load:30.02, Inflammation Score:-8, Nutrition Score:38.828260758649%

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 Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 15.49mg, Quercetin: 15.49mg, Quercetin: 15.49mg, Quercetin: 15.49mg

Nutrients (% of daily need)

Calories: 702.12kcal (35.11%), Fat: 19.37g (29.8%), Saturated Fat: 4.91g (30.67%), Carbohydrates: 72.53g (24.18%), Net Carbohydrates: 61.13g (22.23%), Sugar: 3.28g (3.64%), Cholesterol: 122mg (40.67%), Sodium: 331.99mg (14.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.93g (115.85%), Selenium: 60.49µg (86.41%), Vitamin B3: 16.85mg (84.27%), Vitamin B6: 1.55mg (77.64%), Zinc: 10.21mg (68.05%), Manganese: 1.36mg (67.95%), Phosphorus: 646.97mg (64.7%), Iron: 8.47mg (47.08%), Folate: 187.68µg (46.92%), Fiber: 11.4g (45.61%), Vitamin K: 47.76µg (45.49%), Vitamin B12: 2.38µg (39.67%), Potassium: 1365.47mg (39.01%), Magnesium: 125.68mg (31.42%), Copper: 0.58mg (28.92%), Vitamin B1: 0.36mg (24.28%), Vitamin B5: 2.2mg (22.01%), Vitamin E: 3.17mg (21.1%),

Vitamin B2: 0.34mg (20.19%), Calcium: 177.58mg (17.76%), Vitamin A: 352.14IU (7.04%), Vitamin C: 5.11mg (6.2%),
Vitamin D: 0.2µg (1.33%)