



## Strip Steaks with Mango-Peach Salsa



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 2 teaspoons pepper flakes seeded finely chopped
- ☐ 1 teaspoon ground ginger grated finely chopped
- ☐ 0.3 cup peach preserves
- ☐ 1 tablespoon juice of lime
- ☐ 1 cup mangos chopped
- ☐ 1.5 pounds beef strip steaks boneless
- ☐ 1 teaspoons walkerswood jamaican jerk seasoning

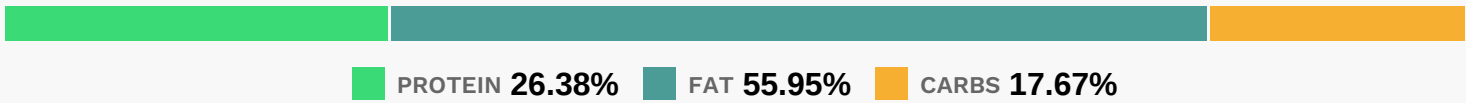
# Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler pan

# Directions

- ☐ Mix bell pepper, chilies and gingerroot in medium bowl. Stir in preserves, lime juice and mango.
- ☐ Set oven control to broil.
- ☐ Sprinkle both sides of beef with jerk seasoning.
- ☐ Place on rack in broiler pan. Broil with tops 4 to 6 inches from heat 6 to 10 minutes; turning once, until desired doneness.
- ☐ Serve with salsa mixture.

# Nutrition Facts



# Properties

Glycemic Index:45.94, Glycemic Load:10.98, Inflammation Score:-7, Nutrition Score:19.415652109229%

# Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

# Nutrients (% of daily need)

Calories: 514.81kcal (25.74%), Fat: 31.71g (48.78%), Saturated Fat: 12.75g (79.66%), Carbohydrates: 22.53g (7.51%), Net Carbohydrates: 21.15g (7.69%), Sugar: 16.6g (18.44%), Cholesterol: 146.28mg (48.76%), Sodium: 101.27mg

(4.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.63g (67.26%), Selenium: 39.52µg (56.46%), Vitamin B6: 1.02mg (50.91%), Vitamin B3: 9.32mg (46.61%), Vitamin C: 33.53mg (40.64%), Zinc: 5.77mg (38.46%), Phosphorus: 325.75mg (32.58%), Vitamin B12: 1.56µg (26.08%), Potassium: 644.39mg (18.41%), Vitamin A: 911.97IU (18.24%), Iron: 2.84mg (15.78%), Vitamin B2: 0.23mg (13.33%), Manganese: 0.24mg (12.03%), Magnesium: 42.8mg (10.7%), Vitamin B5: 1.07mg (10.65%), Folate: 42.52µg (10.63%), Copper: 0.2mg (9.8%), Vitamin E: 1.46mg (9.72%), Vitamin B1: 0.14mg (9.44%), Fiber: 1.39g (5.55%), Vitamin K: 5.82µg (5.54%), Calcium: 49.96mg (5%)