






 **87%**
HEALTH SCORE

Sunny Anderson's Steak Fajitas with Chimichurri and Drunken Peppers

 Dairy Free  Very Healthy

READY IN

115 min.

SERVINGS

4

CALORIES

552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup lager beer
- 8 8-inch flour tortillas
- 1 bunch cilantro leaves fresh
- 1 bunch parsley fresh
- 1 cloves garlic
- 4 servings kosher salt and pepper freshly ground
- 3 tablespoons juice of lemon

- 0.5 cup olive oil extra-virgin
- 3 poblano peppers seeded cut into strips
- 1 large onion red halved sliced
- 2 tablespoons red wine vinegar
- 1 pound top round steak (London broil)

Equipment

- food processor
- frying pan
- grill
- aluminum foil
- ziploc bags

Directions

- Combine the parsley and cilantro (leaves and stems), garlic, half of the sliced onion, 1 tablespoon salt, 1 teaspoon pepper, vinegar, 2 tablespoons lemon juice and 1/2 cup olive oil in a food processor; blend into a thick and smooth chimichurri sauce. Pierce both sides of the steak with a fork several times; place in a resealable plastic bag and add half of the sauce. Seal the bag and turn to coat the steak; refrigerate for at least 1 hour. Cover and reserve the remaining sauce.
- Preheat a grill to medium-high.
- Remove the steak from the bag (discard the bag of sauce); season with salt and pepper and grill until medium-rare, about 6 minutes per side.
- Let rest, loosely covered with foil, for 10 minutes.
- Meanwhile, heat the remaining 1 tablespoon olive oil in a large skillet over medium-high heat.
- Add the peppers and the remaining sliced onion half; season with salt and pepper.
- Saute until the vegetables are softened and caramelized around the edges, about 8 minutes.
- Add the beer, cover and cook until the peppers are tender, about 5 minutes.
- Warm the tortillas on the grill. Thinly slice the steak on the bias; divide among the tortillas along with the peppers and onions. Thin the reserved chimichurri sauce with the remaining 1 tablespoon lemon juice; drizzle over the fajitas.

Serve with lime wedges, if desired.

Photograph by Kana Okada

Nutrition Facts

PROTEIN 26.73% **FAT 29.34%** **CARBS 43.93%**

Properties

Glycemic Index:51.38, Glycemic Load:17.17, Inflammation Score:-9, Nutrition Score:37.961304291435%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg Luteolin: 4.4mg, Luteolin: 4.4mg, Luteolin: 4.4mg, Luteolin: 4.4mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 551.94kcal (27.6%), Fat: 17.7g (27.24%), Saturated Fat: 5.12g (32%), Carbohydrates: 59.64g (19.88%), Net Carbohydrates: 53.51g (19.46%), Sugar: 7.52g (8.36%), Cholesterol: 69.17mg (23.06%), Sodium: 1031.3mg (44.84%), Alcohol: 0.58g (100%), Alcohol %: 0.18% (100%), Protein: 36.29g (72.57%), Vitamin K: 258.58µg (246.27%), Vitamin C: 97.91mg (118.68%), Selenium: 59.3µg (84.71%), Vitamin B3: 13.07mg (65.35%), Vitamin B6: 1.1mg (55.01%), Phosphorus: 503.89mg (50.39%), Vitamin B1: 0.7mg (46.86%), Iron: 7.31mg (40.59%), Zinc: 6.07mg (40.44%), Folate: 151.96µg (37.99%), Manganese: 0.71mg (35.72%), Vitamin A: 1666.9IU (33.34%), Vitamin B2: 0.51mg (30.01%), Vitamin B12: 1.53µg (25.56%), Fiber: 6.13g (24.52%), Potassium: 857.77mg (24.51%), Calcium: 213.37mg (21.34%), Magnesium: 72.16mg (18.04%), Copper: 0.33mg (16.42%), Vitamin B5: 1.15mg (11.53%), Vitamin E: 1.62mg (10.78%)