



Taco Steak Salad with Ginger Lime Dressing



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



613 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado pitted peeled
- ☐ 1 tsp cayenne pepper
- ☐ 1 tbsp chipotle chile powder
- ☐ 1 tsp cinnamon
- ☐ 1 cucumber peeled
- ☐ 1 tsp dijon mustard
- ☐ 4 tbsp cilantro leaves fresh
- ☐ 1 tbsp ginger fresh

- ☐ 1 garlic clove
- ☐ 0.5 jalapeño
- ☐ 4 tbsp juice of lemon
- ☐ 0.5 lime peeled
- ☐ 0.3 cup juice of lime
- ☐ 4 tbsp juice of lime
- ☐ 4 cups greens mixed
- ☐ 0.5 cup olive oil
- ☐ 0.5 onion red
- ☐ 2 servings salt & pepper
- ☐ 4 ounces fat-trimmed beef flank steak lean
- ☐ 2 servings tortilla chips

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Begin by mincing your garlic for the rub.
- ☐ Mix it with the chipotle, cayenne, cinnamon, and some s&p. Rub each side of your steak, and let it sit for 15 minutes or so. Cook steak for 5–7 minutes on each side. While your steak is cooking, dice jalapeño, cilantro, avocado, cucumber, and onion. Toss these ingredients together with the lime juice. This is your salsa. When your steak has cooked to a good medium rare, remove it from heat and chunk it. Then, return it to the pan and sauté for an additional 3 minutes. To make your dressing, finely chop garlic and ginger, and mix with remaining ingredients. It's totally fine to whisk by hand, but if you like a smoother, more incorporated dressing you can also blend it in the food processor. To serve, place 2 cups mixed greens on each dish. Top with salsa, steak, and then the fresh limes.
- ☐ Drizzle dressing over, garnish with tortilla chips, and serve.

Nutrition Facts

PROTEIN 11.8% FAT 55.73% CARBS 32.47%

Properties

Glycemic Index:146, Glycemic Load:2.42, Inflammation Score:-9, Nutrition Score:30.170434656351%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 2.78mg, Eriodictyol: 2.78mg, Eriodictyol: 2.78mg, Eriodictyol: 2.78mg Hesperetin: 16.95mg, Hesperetin: 16.95mg, Hesperetin: 16.95mg, Hesperetin: 16.95mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg

Nutrients (% of daily need)

Calories: 613kcal (30.65%), Fat: 40.48g (62.28%), Saturated Fat: 8.2g (51.26%), Carbohydrates: 53.08g (17.69%), Net Carbohydrates: 39.14g (14.23%), Sugar: 9.62g (10.69%), Cholesterol: 34.59mg (11.53%), Sodium: 384.54mg (16.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.28g (38.56%), Vitamin C: 75.76mg (91.83%), Fiber: 13.94g (55.76%), Vitamin K: 50µg (47.62%), Vitamin B6: 0.82mg (40.9%), Folate: 158.73µg (39.68%), Manganese: 0.72mg (35.85%), Potassium: 1251.58mg (35.76%), Vitamin E: 5.35mg (35.68%), Vitamin A: 1685.67IU (33.71%), Zinc: 4.59mg (30.6%), Phosphorus: 292.38mg (29.24%), Vitamin B3: 5.63mg (28.17%), Magnesium: 107.71mg (26.93%), Selenium: 17.46µg (24.95%), Vitamin B5: 2.41mg (24.11%), Copper: 0.48mg (23.85%), Vitamin B2: 0.4mg (23.8%), Iron: 3.37mg (18.74%), Vitamin B1: 0.28mg (18.71%), Vitamin B12: 0.94µg (15.69%), Calcium: 119.59mg (11.96%)