



Tapas-Style Pepper-Steak

READY IN



155 min.

SERVINGS



6

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach leaves loosely packed
- ☐ 16 ounces beef shoulder center steaks ranch
- ☐ 6 slices baguette bread 1/
- ☐ 2 teaspoons cilantro leaves finely chopped
- ☐ 2 tablespoons cilantro leaves fresh finely chopped for garnish
- ☐ 1 clove garlic
- ☐ 2 cloves garlic minced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 2 tablespoon manchego cheese shaved

- ☐ 0.5 cup olive oil vinaigrette prepared reduced-fat
- ☐ 0.3 cup olives spanish chopped
- ☐ 2 medium bell peppers red cut in 1/2 lengthwise
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 teaspoon paprika smoked

Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine marinade and dressing ingredients in small bowl.
- ☐ Place steaks and 1/4 cup marinade in a food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours, turning occasionally. Cover and refrigerate remaining marinade for dressing.
- ☐ Preheat charcoal grill to medium heat.
- ☐ Remove steaks from marinade; discard marinade.
- ☐ Place steaks and bell peppers on grill over medium, ash-covered coals. Grill steaks, uncovered, 9 to 11 minutes for medium-rare to medium doneness, turning occasionally. Grill peppers, covered, 7 to 10 minutes or until tender, turning occasionally. A few minutes before steaks are done, place bread slices on grill. Grill until lightly toasted, turning once.
- ☐ Cut 1 end off garlic clove; rub cut end evenly over both sides of toasted bread.
- ☐ Carve steak into thin slices; season with salt and black pepper, to taste. Dice bell peppers.
- ☐ Place 1 bread slice upright in each of 6 (1-cup) martini glasses.
- ☐ Layer with equal amounts of spinach, peppers, steak, olives, chopped cilantro and reserved dressing. Top with cheese shavings.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:54.28, Glycemic Load:7.85, Inflammation Score:-9, Nutrition Score:21.256521432296%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 294.93kcal (14.75%), Fat: 15.94g (24.53%), Saturated Fat: 5.33g (33.3%), Carbohydrates: 16.95g (5.65%), Net Carbohydrates: 14.47g (5.26%), Sugar: 3.38g (3.75%), Cholesterol: 59.71mg (19.9%), Sodium: 305.5mg (13.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.74g (41.47%), Vitamin C: 54.15mg (65.64%), Vitamin K: 55.83µg (53.17%), Vitamin A: 2323.69IU (46.47%), Selenium: 27.16µg (38.8%), Vitamin B3: 6.66mg (33.3%), Vitamin B6: 0.66mg (32.78%), Manganese: 0.52mg (26.21%), Zinc: 3.38mg (22.56%), Phosphorus: 206.63mg (20.66%), Folate: 70.19µg (17.55%), Iron: 2.81mg (15.59%), Vitamin B12: 0.93µg (15.5%), Vitamin B1: 0.21mg (14.19%), Vitamin E: 1.94mg (12.9%), Potassium: 447.2mg (12.78%), Calcium: 124.6mg (12.46%), Vitamin B2: 0.21mg (12.41%), Magnesium: 42.35mg (10.59%), Fiber: 2.49g (9.96%), Vitamin B5: 0.82mg (8.22%), Copper: 0.14mg (7.16%)