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Steak Fajita Salad with Tortilla Croutons ♦♦

This delicious steak fajita salad combines tender grilled steak with colorful bell peppers and onions, served over a bed of fresh greens. The tortilla croutons add a crispy and flavorful twist to this classic salad. Perfect for a hearty and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	steak
200 g	Bell peppers
100 g	onion
200 g	lettuce

100 g	tortillas
30 ml	olive oil
30 ml	lime juice
1 tsp	cumin
1 tsp	chili powder
0.5 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Preheating

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together the olive oil, lime juice, cumin, chili powder, salt, and black pepper to make the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Resting

Place the steak in a shallow dish and pour the marinade over it. Let it marinate for at least 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 4

Grilling

Grill the steak for about 4-5 minutes per side, or until desired doneness. Remove from the grill and let it rest for a few minutes before slicing.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Sautéing

While the steak is resting, heat a skillet over medium heat. Add the sliced bell peppers and onions, and cook until they are tender and slightly charred, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Frying

Cut the tortillas into small squares to make the croutons. Heat a little olive oil in a separate skillet over medium heat. Add the tortilla squares and cook until they are crispy and golden brown, about 3 minutes.

Prep Time: 0 mins

Cook Time: 3 mins

Step 7

Cutting

Slice the grilled steak into thin strips.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Plating

To assemble the salad, divide the lettuce among four plates. Top with the grilled steak, sautéed bell peppers and onions, and tortilla croutons. Serve with your favorite dressing.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	20 mg	0.59%	0.77%
Zinc	25 mg	227.27%	312.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

Mexican Italian Indian American

Course

Drinks Salads Snacks Sauces & Dressings Appetizers

Cooking Method

Steaming

Meal Type

Breakfast Lunch Snack Dinner

Kitchen Tools

Slow Cooker Blender Grill Pressure Cooker

Nutritional Content

Low Calorie

Diet

Anti-Inflammatory Diet

Events

Picnic

Difficulty Level

Easy

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