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Carne Asada Steak Cabo Salad ♦♦

Carne Asada Steak Cabo Salad is a delicious and flavorful salad that combines grilled carne asada steak with fresh vegetables and a tangy dressing. It is a popular dish in the Cabo region of Mexico and is often enjoyed as a light and refreshing meal. The steak is marinated in a mixture of lime juice, garlic, and spices, then grilled to perfection. It is served on a bed of mixed greens and topped with tomatoes, avocado, red onion, and cilantro. The dressing is made with lime juice, olive oil, cilantro, and a touch of honey for sweetness. This salad is perfect for summer cookouts or as a healthy weeknight dinner option.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g carne asada steak

4 tbsp lime juice

2	garlic
cloves	
1 tsp	Cumin
1 tsp	Paprika
1 tsp	Salt
1 tsp	Black pepper
200 g	Mixed Greens
200 g	Tomatoes
200 g	Avocado
50 g	red onion
25 g	Cilantro
2 tbsp	olive oil
1 tbsp	honey

Directions

Step 1

Mixing

In a bowl, combine lime juice, garlic, cumin, paprika, salt, and black pepper to make the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Resting

Place the carne asada steak in a shallow dish and pour the marinade over it. Let it marinate for at least 1 hour, or overnight for best results.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grilling

Preheat a grill or grill pan to medium-high heat. Remove the steak from the marinade and grill for 4-5 minutes per side, or until desired doneness is reached. Let the steak rest for 5 minutes before slicing.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Mixing

In a large bowl, combine mixed greens, tomatoes, avocado, red onion, and cilantro.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Whisking

In a small bowl, whisk together lime juice, olive oil, cilantro, and honey to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Mixing

Slice the grilled carne asada steak and add it to the salad. Drizzle the dressing over the salad and toss to combine.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Serving

Serve the Carne Asada Steak Cabo Salad immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 15 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	15 g	27.27%	30%
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)
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Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	75 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	20 mg	0.59%	0.77%
Zinc	20 mg	181.82%	250%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

Mexican

Events

Game Day

Meal Type

Lunch

Dinner

Snack

Course

Breads

Salads

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Oktoberfest

Cost

\$10 to \$20

\$20 to \$30

Demographics

Teen Friendly

Diabetic Friendly

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Ornish Diet

Difficulty Level

Easy

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