



Balsamic-Marinated Steak With Charred Radicchio

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons balsamic vinegar divided
- ☐ 10 ounces cherry tomatoes halved
- ☐ 3 large garlic cloves halved finely chopped 2 cloves and 1
- ☐ 4 slices whole-grain bread toasted
- ☐ 0.5 teaspoon vegetable oil; peanut oil preferred
- ☐ 2 ounces torn radicchio
- ☐ 1 large onion red cut into 10 wedges

- ☐ 4 servings rosemary sprigs fresh for garnish
- ☐ 10 ounce skirt steak

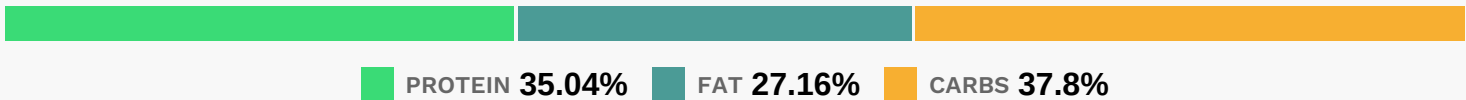
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Marinate steak in 2 tablespoons vinegar and chopped garlic 15 minutes at room temperature. In a separate bowl, combine onion and 1 tablespoon vinegar.
- ☐ Heat wok or large skillet over medium-high heat; add oil.
- ☐ Remove steak from marinade, reserving marinade, and cook steak 2 minutes.
- ☐ Transfer with tongs to plate; cover.
- ☐ Add onion to wok, and cook 3 minutes or until slightly softened.
- ☐ Transfer to plate with a slotted spoon; cover.
- ☐ Add tomatoes to wok; cook 2 minutes.
- ☐ Add reserved marinade; bring to a boil.
- ☐ Add radicchio and remaining 1 tablespoon vinegar; remove from heat.
- ☐ Rub toasts with cut sides of remaining garlic clove until fragrant. Top each with steak and vegetables.
- ☐ Garnish with rosemary.

Nutrition Facts



Properties

Glycemic Index:44.17, Glycemic Load:9.38, Inflammation Score:-7, Nutrition Score:18.069130305363%

Flavonoids

Cyanidin: 18mg, Cyanidin: 18mg, Cyanidin: 18mg, Cyanidin: 18mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.42mg, Luteolin: 5.42mg, Luteolin: 5.42mg, Luteolin: 5.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg

Nutrients (% of daily need)

Calories: 229.74kcal (11.49%), Fat: 6.96g (10.7%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 18.83g (6.85%), Sugar: 6.67g (7.41%), Cholesterol: 44.65mg (14.88%), Sodium: 189.11mg (8.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.19g (40.39%), Manganese: 0.85mg (42.71%), Vitamin K: 41.53µg (39.55%), Zinc: 5.34mg (35.59%), Selenium: 23.76µg (33.94%), Vitamin B3: 5.73mg (28.66%), Vitamin B12: 1.51µg (25.16%), Vitamin B6: 0.5mg (24.86%), Vitamin C: 20.25mg (24.54%), Phosphorus: 209.14mg (20.91%), Vitamin B2: 0.3mg (17.9%), Potassium: 548.04mg (15.66%), Iron: 2.8mg (15.58%), Vitamin B1: 0.2mg (13.15%), Magnesium: 51.52mg (12.88%), Copper: 0.25mg (12.41%), Fiber: 2.96g (11.84%), Folate: 37.99µg (9.5%), Vitamin B5: 0.79mg (7.88%), Calcium: 78.27mg (7.83%), Vitamin A: 386.9IU (7.74%), Vitamin E: 1.03mg (6.83%)