



## Cajun Grilled Steak and Vegetables

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb beef sirloin steak boneless
- 1.5 tsp cajun spice
- 2 tsp grey poupon dijon mustard
- 3 Tbsp heinz distilled vinegar white
- 1 lb eggplant cut lengthwise into 4 slices
- 2 Tbsp olive oil extra virgin
- 3 cloves garlic minced
- 2 shallots cut in half

- 2 Tbsp lite soy sauce
- 1 squash and zucchini yellow

## Equipment

- whisk
- grill

## Directions

- Whisk first 6 ingredients until blended.
- Place steak and combined vegetables in separate shallow dishes.
- Pour half the vinegar mixture over ingredients in each dish; turn to evenly coat both sides of all ingredients. Refrigerate 30 min. to marinate.
- Heat grill to medium heat.
- Remove steak and vegetables from marinade; discard marinade.
- Grill steak 5 to 7 min. on each side or until medium doneness (160F). Meanwhile, grill vegetables 2 to 3 min. on each side or until crisp-tender.
- Cut steak across the grain into thin slices.
- Serve with grilled vegetables.

## Nutrition Facts



## Properties

Glycemic Index:21.7, Glycemic Load:0.78, Inflammation Score:-4, Nutrition Score:7.9056521498639%

## Flavonoids

Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 106.52kcal (5.33%), Fat: 4.64g (7.14%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 2.93g (1.06%), Sugar: 2.61g (2.9%), Cholesterol: 26.76mg (8.92%), Sodium: 241.11mg (10.48%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.44g (22.87%), Selenium: 14.75µg (21.07%), Vitamin B6: 0.4mg (19.93%), Vitamin B3: 3.52mg (17.58%), Zinc: 2.02mg (13.45%), Phosphorus: 125.44mg (12.54%), Manganese: 0.2mg (10.23%), Potassium: 354.39mg (10.13%), Fiber: 1.93g (7.71%), Vitamin B12: 0.43µg (7.11%), Iron: 1.17mg (6.52%), Vitamin C: 5.19mg (6.3%), Magnesium: 24.16mg (6.04%), Vitamin B2: 0.1mg (6%), Folate: 23.19µg (5.8%), Vitamin E: 0.8mg (5.31%), Vitamin B5: 0.51mg (5.09%), Copper: 0.1mg (4.87%), Vitamin K: 4.96µg (4.73%), Vitamin B1: 0.07mg (4.7%), Vitamin A: 220.55IU (4.41%), Calcium: 23.11mg (2.31%)