



Flank Steak and Dried Tomato-Basil Pesto Linguine

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



483 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup basil pesto dried
- ☐ 1.5 pound flank steak
- ☐ 16 ounce pasta
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon pepper freshly ground
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt

☐ 4 cups pkt spinach fresh loosely packed

Equipment

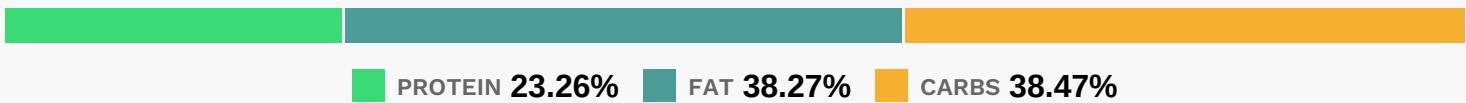
☐ frying pan

☐ grill

Directions

- ☐ Cook pasta according to package directions; drain and set aside.
- ☐ Brush both sides of flank steak evenly with olive oil, and sprinkle with salt.
- ☐ Grill steak, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 10 to 15 minutes on each side or to desired degree of doneness.
- ☐ Let stand 10 minutes before slicing.
- ☐ Cut diagonally across the grain into thin strips.
- ☐ Heat 1/2 cup Dried Tomato-Basil Pesto in a large nonstick skillet over medium heat.
- ☐ Add beef strips, and cook, stirring often, 2 to 3 minutes.
- ☐ Add spinach, and cook, stirring often, 3 minutes or just until wilted.
- ☐ Add cooked pasta and remaining 1/2 cup Dried Tomato-Basil Pesto, and cook, stirring occasionally, 2 minutes or until thoroughly heated.
- ☐ Sprinkle with ground pepper and red pepper, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:17.12, Inflammation Score:-9, Nutrition Score:21.743043215378%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 482.56kcal (24.13%), Fat: 20.18g (31.05%), Saturated Fat: 4.41g (27.54%), Carbohydrates: 45.65g (15.22%), Net Carbohydrates: 42.86g (15.58%), Sugar: 2.59g (2.88%), Cholesterol: 53.51mg (17.84%), Sodium: 499.74mg (21.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.6g (55.19%), Selenium: 61.14µg (87.34%), Vitamin K: 76.31µg (72.67%), Vitamin A: 2107IU (42.14%), Manganese: 0.7mg (35.02%), Vitamin B3: 6.4mg (32%), Vitamin B6: 0.63mg (31.51%), Phosphorus: 287.45mg (28.75%), Zinc: 4.15mg (27.67%), Magnesium: 61.41mg (15.35%), Iron: 2.72mg (15.12%), Potassium: 508.42mg (14.53%), Vitamin B12: 0.77µg (12.9%), Folate: 50.47µg (12.62%), Copper: 0.25mg (12.57%), Fiber: 2.79g (11.16%), Calcium: 96.58mg (9.66%), Vitamin B2: 0.16mg (9.59%), Vitamin B1: 0.12mg (8.32%), Vitamin E: 1.22mg (8.1%), Vitamin B5: 0.8mg (7.96%), Vitamin C: 4.22mg (5.11%)