



Flank Steak and Grilled Veggie Pita

READY IN



230 min.

SERVINGS



4

CALORIES



531 kcal

Ingredients

- 2 cups baby arugula washed
- 4 servings balsamic vinegar
- 1 pinch cayenne pepper
- 2 teaspoons coriander toasted
- 1 flank steak trimmed
- 2 garlic cloves smashed finely chopped
- 4 servings kosher salt
- 1 lime zest juiced
- 4 servings olive oil extra-virgin
- 0.3 pound parmigiano shaved

- 4 pita pockets whole-wheat
- 1 large onion red cut into 1/2-inch rounds
- 2 bell peppers red yellow (of each)
- 1 large zucchini

Equipment

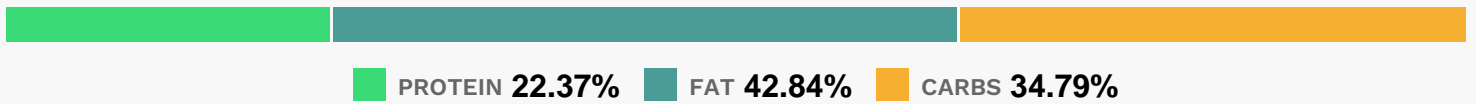
- bowl
- plastic wrap
- grill
- aluminum foil
- cutting board

Directions

- Watch how to make this recipe.
- Combine the garlic, coriander, cayenne, lime and pinch of salt with enough olive oil to make a loose paste. Coat the flank steak, cover with plastic wrap and let marinate up to 2 hours at room temperature or overnight in the refrigerator.
- Preheat the grill.
- Grill the peppers on all sides until they are BLACK!
- Remove them from the grill and place them in a bowl covered with plastic wrap.
- Let them sit for 15 to 20 minutes, remove the plastic and let the peppers cool.
- Remove all of the black char, stems and seeds.
- Cut the peppers into 1/2-inch strips and reserve.
- Remove the steak from the marinade.
- Place on preheated grill and cook to desired doneness, about 6 to 7 minutes on each side for medium-rare.
- Remove from the grill to a cutting board and let rest for 10 to 15 minutes before slicing.
- While the steak is grilling, toss the zucchini and onions with olive oil and salt. Grill the zucchini and onions on both sides until they are charred and soft, about 4 to 5 minutes on each side.
- Remove from the grill and reserve.

- Slice the flank steak very thin on the bias, make very wide, very thin slices.
- Cut on a severe angle.
- In a large bowl, toss the arugula with the Parmigiano and the peppers and dress generously with balsamic, olive oil and salt.
- Cut 1 edge off the pita and carefully open it.
- Lay the arugula, Parmigiano and pepper mixture in the pita, followed by the steak and a layer of zucchini and onions. Close the pita and give a little press to secure. Repeat with remaining pitas.
- Serve right away or wrap in aluminum foil to take with you for lunch. Oh baby...what a pita!

Nutrition Facts



Properties

Glycemic Index:93.5, Glycemic Load:32.11, Inflammation Score:-8, Nutrition Score:24.533912967081%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 531.02kcal (26.55%), Fat: 25.34g (38.99%), Saturated Fat: 7.96g (49.76%), Carbohydrates: 46.31g (15.44%), Net Carbohydrates: 42.59g (15.49%), Sugar: 6.31g (7.01%), Cholesterol: 53.18mg (17.73%), Sodium: 994.08mg (43.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.77g (59.53%), Vitamin C: 132.55mg (160.66%), Calcium: 450.37mg (45.04%), Phosphorus: 431.78mg (43.18%), Vitamin B6: 0.69mg (34.25%), Selenium: 23.84µg (34.05%), Manganese: 0.61mg (30.5%), Vitamin B3: 5.8mg (28.99%), Zinc: 3.92mg (26.12%), Vitamin K: 24.37µg (23.21%), Potassium: 741.86mg (21.2%), Vitamin B2: 0.33mg (19.15%), Vitamin B1: 0.28mg (18.63%), Folate: 73.99µg (18.5%), Magnesium: 71.94mg (17.99%), Iron: 2.99mg (16.59%), Vitamin E: 2.43mg (16.23%), Vitamin A: 762.05IU (15.24%), Fiber: 3.71g (14.84%), Copper: 0.29mg (14.45%), Vitamin B12: 0.85µg (14.24%), Vitamin B5: 1.09mg (10.94%)