



 **71%**  
HEALTH SCORE

## Flank Steak and Watercress Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



**22 min.**

SERVINGS



**4**

CALORIES



**327 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.5 lb flank steak trimmed
- 1 cup grape tomatoes halved
- 0.5 teaspoon ground pepper black
- 2.5 tablespoons olive oil extra-virgin
- 4 radishes trimmed thinly sliced
- 2 teaspoons red wine vinegar
- 1 teaspoon salt
- 10 ounces watercress

## Equipment

- bowl
- frying pan
- aluminum foil
- grill pan
- cutting board

## Directions

- Preheat a large grill pan over medium heat.
- Sprinkle steak on both sides with 3/4 tsp. salt and 1/4 tsp. pepper. Make sure pan is hot, then cook steak for about 6 minutes per side, turning once, for medium-rare.
- Transfer to a cutting board, cover loosely with foil and let stand for 5 minutes.
- Combine watercress, tomatoes and radishes in a large bowl.
- Drizzle oil and vinegar on top; toss well. Season with remaining 1/4 tsp. each of salt and pepper, then toss again.
- Thinly slice steak and divide among 4 dinner plates. Top each portion with salad.
- Sprinkle crumbled blue cheese on top, if desired.

## Nutrition Facts

    
 **PROTEIN 47.9%**  **FAT 48.78%**  **CARBS 3.32%**

## Properties

Glycemic Index:33.5, Glycemic Load:0.61, Inflammation Score:-9, Nutrition Score:28.612608868143%

## Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg 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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 16.39mg, Kaempferol: 16.39mg, Kaempferol: 16.39mg, Kaempferol: 16.39mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 21.47mg, Quercetin: 21.47mg, Quercetin: 21.47mg, Quercetin: 21.47mg

## Nutrients (% of daily need)

Calories: 326.63kcal (16.33%), Fat: 17.41g (26.79%), Saturated Fat: 4.77g (29.81%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 1.74g (0.63%), Sugar: 1.2g (1.33%), Cholesterol: 102.06mg (34.02%), Sodium: 704.43mg (30.63%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 38.46g (76.93%), Vitamin K: 187.9µg (178.95%), Selenium: 50.85µg (72.65%), Vitamin B6: 1.15mg (57.69%), Vitamin B3: 10.97mg (54.84%), Vitamin A: 2573.52IU (51.47%), Zinc: 6.67mg (44.48%), Vitamin C: 36.18mg (43.86%), Phosphorus: 396.46mg (39.65%), Potassium: 916.02mg (26.17%), Vitamin B12: 1.55µg (25.8%), Vitamin E: 2.67mg (17.77%), Vitamin B2: 0.29mg (17.04%), Iron: 2.96mg (16.47%), Magnesium: 57.34mg (14.34%), Manganese: 0.27mg (13.57%), Vitamin B1: 0.2mg (13.39%), Vitamin B5: 1.33mg (13.35%), Calcium: 127.2mg (12.72%), Copper: 0.21mg (10.34%), Folate: 35.12µg (8.78%), Fiber: 0.93g (3.71%)