



Flank Steak with Bloody Mary Tomato Salad



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



10

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 cup celery hearts chopped (inner stalks and leaves; from 1 bunch)
- ☐ 0.5 teaspoon celery seeds
- ☐ 3 pounds flank steaks
- ☐ 2 pound grape tomatoes halved
- ☐ 2 tablespoons horseradish prepared
- ☐ 10 servings kosher salt and pepper black freshly ground

- ☐ 2 teaspoons brown sugar light packed ()
- ☐ 0.5 cup brined olives plus 2 tablespoons olive brine green chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon pepper sauce hot
- ☐ 1 cup onion red finely chopped
- ☐ 3 tablespoons sherry vinegar divided
- ☐ 10 servings vegetable oil (for brushing)
- ☐ 1 tablespoon worcestershire sauce

Equipment

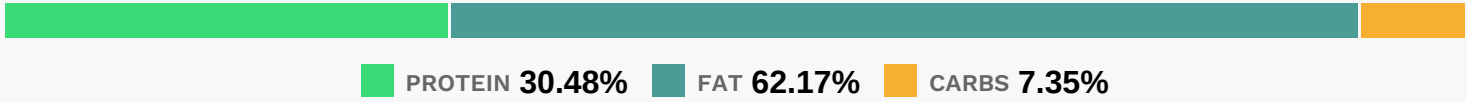
- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Place steaks on a large rimmed baking sheet; season with salt.
- ☐ Mix sugar and next 3 ingredients in a small bowl; rub all over steaks. Cover; refrigerate 1–3 hours.
- ☐ Let steaks stand at room temperature for 1 hour. Build a medium-hot fire in a charcoal grill, or heat a gas grill to high.
- ☐ Brush grates with oil. Grill to desired doneness, about 5–7 minutes per side for medium-rare.
- ☐ Let rest for 10 minutes. DO AHEAD: Can be made 1 day ahead.
- ☐ Let cool; cover and chill. Bring to room temperature before slicing.
- ☐ Mix onion and 1 tablespoon vinegar in a large bowl.
- ☐ Let macerate 10 minutes, tossing often.
- ☐ Add tomatoes, celery, and olives.
- ☐ Whisk remaining 2 tablespoon vinegar, olive brine, horseradish, and next 3 ingredients in a medium bowl. Slowly whisk in oil.

- ☐
- Addto bowl with tomato mixture; toss to coat.Season with salt and pepper. DO AHEAD:Can be made 4 hours ahead. Cover; chill.
- ☐
- Cut steak crosswise into 1/4"-thick slices.
- ☐
- Serve salad with steak.

Nutrition Facts



Properties

Glycemic Index:24.3, Glycemic Load:1.41, Inflammation Score:-7, Nutrition Score:19.884347687597%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 400.03kcal (20%), Fat: 27.54g (42.37%), Saturated Fat: 5.89g (36.81%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 5.35g (1.94%), Sugar: 4.45g (4.95%), Cholesterol: 81.65mg (27.22%), Sodium: 236.98mg (10.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.38g (60.77%), Selenium: 40.46µg (57.8%), Vitamin B6: 0.93mg (46.73%), Vitamin B3: 9.13mg (45.67%), Vitamin K: 41.43µg (39.45%), Zinc: 5.46mg (36.39%), Phosphorus: 307.93mg (30.79%), Potassium: 764.87mg (21.85%), Vitamin E: 3.17mg (21.15%), Vitamin B12: 1.24µg (20.64%), Vitamin A: 950.12IU (19%), Vitamin C: 15.27mg (18.51%), Iron: 2.7mg (14.98%), Magnesium: 45.8mg (11.45%), Vitamin B2: 0.19mg (11.24%), Folate: 40.24µg (10.06%), Vitamin B5: 1mg (9.96%), Vitamin B1: 0.15mg (9.69%), Manganese: 0.19mg (9.34%), Copper: 0.18mg (9.09%), Fiber: 1.98g (7.91%), Calcium: 56.36mg (5.64%)