



Flank Steak with Creamed Swiss Chard and Pine Nuts

 Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 dinner rolls whole wheat
- 1.3 pounds flank steak cut in half
- 1 clove garlic minced
- 4 servings kosher salt and pepper black freshly ground
- 0.3 teaspoon nutmeg freshly grated
- 1 tablespoon olive oil extra-virgin
- 1 tablespoon oregano dried fresh chopped

- 2 tablespoons pinenuts toasted chopped
- 0.5 onion diced red
- 2 tablespoons red wine vinegar
- 2 cups strawberries halved
- 1 large bunch rainbow swiss chard stemmed coarsely chopped
- 1 tablespoon butter unsalted

Equipment

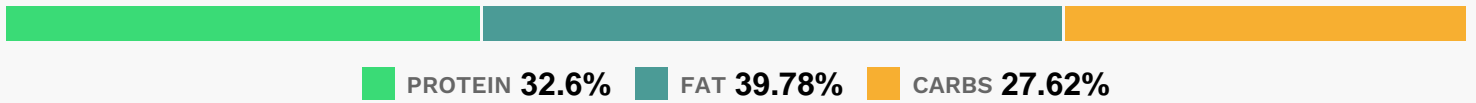
- frying pan
- sauce pan
- oven
- whisk
- pot
- wooden spoon
- slotted spoon

Directions

- Combine the chard, onions and 1/2 cup water in a large pot. Bring to a simmer over high heat, then lower the heat to medium. Cover and cook, stirring frequently, until the chard is very tender, about 15 minutes.
- Meanwhile, combine the cream cheese, nutmeg and 1/4 cup water in a medium saucepan.
- Place over medium heat and cook, whisking frequently, until the cheese melts and the mixture just bubbles around the edges. With a slotted spoon, add the cooked chard to the cheese mixture (discarding any excess liquid).
- Mix well and season with 1/4 teaspoon salt and some pepper.
- Garnish with the pine nuts. Set aside, covered, and keep warm.
- Heat the oil in a medium skillet over medium heat.
- Sprinkle the steaks all over with 1/2 teaspoon salt and some pepper. When the oil is hot and shimmering, add the steaks and cook, turning once, until seared and rich mahogany, about 6 minutes per side.

- Transfer the steaks to a plate.
- Add the garlic to the pan and cook, stirring occasionally, until aromatic, about 1 minute. Pull the skillet from the heat, add the vinegar, and use a wooden spoon to scrape up any browned bits that cling to the pan.
- Add in the butter, oregano and any juices from the steak. Stir until the butter melts.
- Slice the meat against the grain into thin slices. Divide the steak evenly among four plates and pour the pan juices over. Divide the Swiss chard evenly among the four plates and serve each with a dinner roll and 1/2 cup of strawberries.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:39.662608461535%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 4.8mg, Kaempferol: 4.8mg, Kaempferol: 4.8mg, Kaempferol: 4.8mg Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 450.82kcal (22.54%), Fat: 20.04g (30.83%), Saturated Fat: 6.2g (38.77%), Carbohydrates: 31.31g (10.44%), Net Carbohydrates: 26.02g (9.46%), Sugar: 5.91g (6.56%), Cholesterol: 92.57mg (30.86%), Sodium: 463.1mg (20.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.95g (73.91%), Vitamin K: 640µg (609.52%), Vitamin A: 4706.83IU (94.14%), Selenium: 57.28µg (81.82%), Vitamin C: 66.2mg (80.24%), Manganese: 1.56mg (78.03%), Vitamin B3: 11.46mg (57.29%), Vitamin B6: 1.04mg (52.12%), Zinc: 6.58mg (43.89%), Phosphorus: 420.43mg

(42.04%), Iron: 6.2mg (34.45%), Magnesium: 135.03mg (33.76%), Potassium: 1001.47mg (28.61%), Vitamin B1: 0.36mg (24.3%), Vitamin E: 3.48mg (23.18%), Vitamin B2: 0.39mg (22.8%), Vitamin B12: 1.3µg (21.6%), Fiber: 5.29g (21.16%), Copper: 0.42mg (21.11%), Folate: 79.52µg (19.88%), Calcium: 182.5mg (18.25%), Vitamin B5: 1.32mg (13.22%)