



 **76%**
HEALTH SCORE

Flank Steak With Garlicky Mediterranean Salad

 **Gluten Free**  **Very Healthy**

READY IN



15 min.

SERVINGS



2

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 0.5 cup feta low fat crumbled
- 8 ounces flank steak
- 1 clove garlic finely minced
- 2 servings steak seasoning your favorite
- 1 teaspoon juice of lemon fresh
- 0.5 teaspoon lemon zest
- 4 cups the salad mixed

- 1 cup mushrooms sliced
- 1 cup mushrooms sliced
- 0.5 tablespoon olive oil
- 10 medium olives sliced
- 2 tablespoons oregano fresh minced
- 2 servings bell pepper
- 2 servings bell pepper
- 0.3 cup onion red thinly sliced
- 1 pinch pepper red
- 2 large roma tomatoes diced
- 2 servings salt

Equipment

- bowl
- grill
- grill pan

Directions

- Combine olive oil, balsamic vinegar, lemon zest, lemon juice, oregano, garlic and red pepper in a small bowl.
- Add lettuce, feta, mushrooms, onion, tomato and olives in a salad bowl. Toss salad with dressing. Season flank steak with your favorite grill seasoning. I love Martha Stewarts recipe.
- Heat grill pan over medium heat. Spray with cooking spray.
- Add steak and cook 4-8 minutes per side, depending on how thick and your desired doneness.
- Let rest for 5 minutes or more before slicing.
- Serve with steak.

Nutrition Facts



■ PROTEIN 35.54% ■ FAT 36.92% ■ CARBS 27.54%

Properties

Glycemic Index:139, Glycemic Load:5.18, Inflammation Score:-10, Nutrition Score:41.391304347826%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Taste

Sweetness: 29.95%, Saltiness: 100%, Sourness: 38.57%, Bitterness: 28.86%, Savoriness: 64.16%, Fattiness: 59.76%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 424.11kcal (21.21%), Fat: 18.28g (28.12%), Saturated Fat: 6.24g (38.97%), Carbohydrates: 30.67g (10.22%), Net Carbohydrates: 22.38g (8.14%), Sugar: 14.84g (16.49%), Cholesterol: 88.13mg (29.38%), Sodium: 942.84mg (40.99%), Protein: 39.59g (79.18%), Vitamin C: 223.71mg (271.16%), Vitamin A: 6322.5IU (126.45%), Vitamin B6: 1.46mg (73.18%), Vitamin B3: 13.18mg (65.88%), Selenium: 43.73µg (62.47%), Vitamin K: 63.3µg (60.28%), Manganese: 0.87mg (43.64%), Vitamin B2: 0.73mg (43.22%), Phosphorus: 419.61mg (41.96%), Potassium: 1433.54mg (40.96%), Folate: 158.14µg (39.53%), Zinc: 5.76mg (38.42%), Iron: 6.4mg (35.56%), Vitamin E: 5.26mg (35.08%), Fiber: 8.29g (33.17%), Copper: 0.58mg (29.02%), Vitamin B5: 2.86mg (28.65%), Magnesium: 91.87mg (22.97%), Vitamin B1: 0.32mg (21.22%), Vitamin B12: 1.07µg (17.84%), Calcium: 176.67mg (17.67%), Vitamin D: 0.19µg (1.28%)