



Flank Steak with Lemon Fennel

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter cut into pieces
- ☐ 2 large fennel bulbs fresh
- ☐ 1 teaspoon fennel seeds crushed
- ☐ 1.3 pound flank steak
- ☐ 0.8 teaspoon coarsely ground pepper black divided
- ☐ 1 optional: lemon
- ☐ 2 tablespoons olive oil divided
- ☐ 0.8 teaspoon salt divided

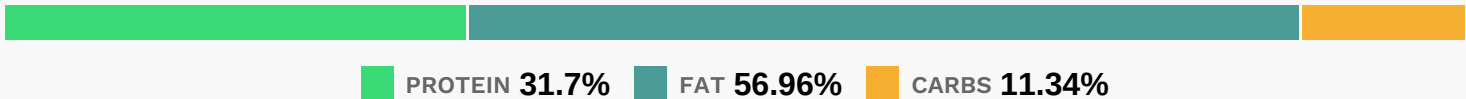
Equipment

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

Directions

- ☐ Heat a large cast iron or heavy-bottomed skillet over medium-high heat.
- ☐ Sprinkle steak with fennel seeds, 1/2 teaspoon salt, and 1/2 teaspoon pepper.
- ☐ Add 1 tablespoon oil to skillet. Cook steak in hot oil, turning once, about 3 minutes on each side for medium-rare.
- ☐ While steaks cook, cut fennel in half, and remove tough outer layers.
- ☐ Remove core, and slice very thinly. Chop 1 tablespoon fresh fennel fronds, and place in a medium bowl with sliced fennel. Zest lemon into a small bowl; cut lemon in half, and add 1 teaspoon juice.
- ☐ Add remaining 1/4 teaspoon each salt and pepper; set aside.
- ☐ Transfer steak to a cutting board, and cover loosely with aluminum foil to keep warm.
- ☐ Add butter and remaining 1 tablespoon oil to skillet.
- ☐ Add fresh fennel, and cook about 30 seconds.
- ☐ Add lemon mixture; cover and cook, stirring occasionally, 4 minutes or until fennel is crisp-tender.
- ☐ Cut steak into thin slices, and serve with fennel mixture.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:2.71, Inflammation Score:-6, Nutrition Score:24.123478308968%

Flavonoids

Eriodictyol: 7.03mg, Eriodictyol: 7.03mg, Eriodictyol: 7.03mg, Eriodictyol: 7.03mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 403.22kcal (20.16%), Fat: 25.84g (39.76%), Saturated Fat: 11.23g (70.16%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 6.89g (2.51%), Sugar: 5.28g (5.87%), Cholesterol: 115.15mg (38.38%), Sodium: 663.21mg (28.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.36g (64.72%), Vitamin K: 80.98µg (77.13%), Selenium: 42.9µg (61.29%), Vitamin B3: 9.64mg (48.21%), Vitamin B6: 0.94mg (46.9%), Zinc: 5.72mg (38.11%), Phosphorus: 355.54mg (35.55%), Vitamin C: 28.45mg (34.49%), Potassium: 1021.97mg (29.2%), Vitamin B12: 1.31µg (21.9%), Iron: 3.37mg (18.74%), Fiber: 4.68g (18.71%), Vitamin E: 2.47mg (16.45%), Manganese: 0.33mg (16.44%), Magnesium: 56.09mg (14.02%), Folate: 53.47µg (13.37%), Vitamin B2: 0.21mg (12.53%), Vitamin B5: 1.24mg (12.36%), Calcium: 105.46mg (10.55%), Vitamin A: 515.31IU (10.31%), Copper: 0.2mg (10.07%), Vitamin B1: 0.13mg (8.51%)