



Flank Steak with Melon Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 large cantaloupe diced peeled seeded
- ☐ 3 pounds flank steaks
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 2 tablespoon olive oil extra-virgin
- ☐ 1 cup parsley italian chopped
- ☐ 1 medium onion diced red
- ☐ 2 teaspoon sea salt

☐ 2 tablespoon balsamic vinegar white (or cider)

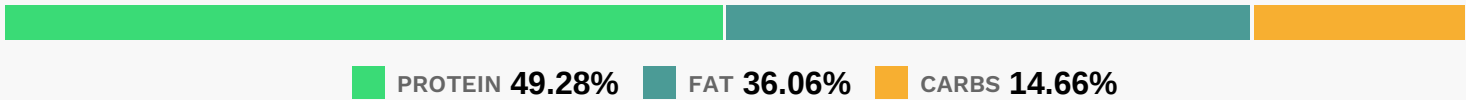
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Toss cantaloupe, onion, parsley, mint, vinegar and oil in a bowl. Set aside.
- ☐ Heat a grill, grill pan or large skillet over high heat. Season flank steaks on both sides with salt and pepper. Cook 5 to 8 minutes on each side for medium rare, 8 to 10 minutes per side for medium and 10 to 12 minutes per side for well done.
- ☐ Remove from heat and allow to rest on a clean cutting board for 5 to 7 minutes.
- ☐ Cut steak diagonally into 1/8-inch-thick slices and transfer to a platter. Spoon half the relish on top.
- ☐ Serve remaining relish on the side.
- ☐ Self
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:26.06, Glycemic Load:5.77, Inflammation Score:-10, Nutrition Score:28.671739163606%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 16.32mg, Apigenin: 16.32mg, Apigenin: 16.32mg, Apigenin: 16.32mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg

Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg
Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 312.57kcal (15.63%), Fat: 12.29g (18.91%), Saturated Fat: 4.09g (25.54%), Carbohydrates: 11.24g (3.75%),
Net Carbohydrates: 9.69g (3.52%), Sugar: 9.26g (10.29%), Cholesterol: 102.06mg (34.02%), Sodium: 708.68mg
(30.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.8g (75.6%), Vitamin K: 130.15µg (123.96%), Vitamin
A: 4193.42IU (83.87%), Selenium: 51.99µg (74.27%), Vitamin B3: 11.46mg (57.31%), Vitamin B6: 1.1mg (54.85%), Zinc:
7.1mg (47.36%), Phosphorus: 372.24mg (37.22%), Vitamin C: 22.98mg (27.85%), Vitamin B12: 1.55µg (25.8%),
Potassium: 823.7mg (23.53%), Iron: 3.71mg (20.6%), Magnesium: 58.73mg (14.68%), Vitamin B2: 0.24mg (14.23%),
Folate: 53.6µg (13.4%), Vitamin B1: 0.19mg (12.5%), Vitamin B5: 1.24mg (12.37%), Copper: 0.24mg (11.98%), Vitamin E:
1.11mg (7.39%), Manganese: 0.15mg (7.3%), Calcium: 67.25mg (6.73%), Fiber: 1.55g (6.21%)