



Flank Steak with Red Wine Vinegar and Greens: Low Carb

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound flank steak cut into 2 equal pieces
- 1 clove garlic minced
- 2 servings kosher salt and pepper black freshly ground
- 1 tablespoon olive oil extra-virgin
- 1 tablespoon oregano leaves dried fresh chopped
- 2 tablespoons red wine vinegar
- 5 ounces salad blend italian ()

1 tablespoon butter unsalted

Equipment

frying pan

wooden spoon

Directions

Heat the olive oil in a medium skillet over medium heat. Season both sides of the steaks with salt and pepper to taste. When the oil is hot and shimmering, add the steaks and cook, turning each 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. Stir in the oregano, butter, and any juices from the steak, until the butter melts.

Add the greens to the skillet, season with salt and pepper, and toss just until they begin to wilt, about 30 seconds. Slice the meat against the grain into thin slices, divide between 2 plates, top with the greens and the pan juices.

Serve.

Nutrition Facts



PROTEIN 45.8% **FAT 49.96%** **CARBS 4.24%**

Properties

Glycemic Index:33.5, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:27.852608294591%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 446.08kcal (22.3%), Fat: 24.18g (37.21%), Saturated Fat: 9.31g (58.21%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 3.49g (1.27%), Sugar: 0.12g (0.14%), Cholesterol: 151.13mg (50.38%), Sodium: 141.64mg (6.16%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 49.88g (99.77%), Selenium: 67.59µg (96.56%), Vitamin B6: 1.47mg (73.7%), Vitamin B3: 14.64mg (73.21%), Zinc: 8.93mg (59.55%), Phosphorus: 494.8mg (49.48%), Vitamin B12: 2.08µg (34.6%), Iron: 5mg (27.79%), Potassium: 941.72mg (26.91%), Vitamin K: 23.16µg (22.05%), Vitamin C: 17.04mg (20.66%), Vitamin A: 1023.26IU (20.47%), Vitamin B2: 0.31mg (18.45%), Magnesium: 65.73mg (16.43%), Vitamin B5: 1.55mg (15.55%), Folate: 61.9µg (15.48%), Vitamin E: 2.29mg (15.25%), Manganese: 0.3mg (14.94%), Vitamin B1: 0.19mg (12.83%), Copper: 0.23mg (11.26%), Calcium: 102.57mg (10.26%), Fiber: 1.12g (4.48%)