



 **76%**  
HEALTH SCORE

## Flank Steak with Sauteed Edamame and Wasabi-Mustard Dressing

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

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**1034 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups arborio rice
- 3 tablespoons canola oil
- 2 teaspoons dijon mustard country-style
- 16 ounce edamame frozen shelled thawed
- 1 pound flank steak lean
- 2 teaspoons ginger fresh minced
- 2 cloves garlic minced (or 2 teaspoons of pre-minced garlic in a jar)

- 4 servings salt and ground pepper black
- 6.5 cups chicken broth low-sodium
- 2 tablespoons soya sauce reduced-sodium
- 2 bell peppers red seeded sliced into rounds
- 0.3 cup rice wine vinegar
- 4 servings mesquite seasoning
- 2 teaspoons sesame oil
- 1 teaspoon wasabi paste

## Equipment

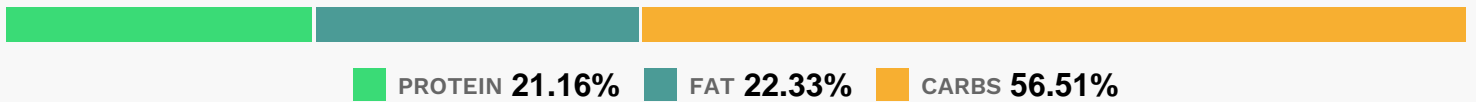
- bowl
- frying pan
- whisk
- grill
- stove
- grill pan

## Directions

- Bring the chicken stock to a boil.
- Add 3 cups Arborio rice. Cover and simmer for 20 minutes. Allow rice to cool and reserve it for meals later in the week.
- While rice is cooking, coat a large stove-top grill pan or griddle with cooking spray and set over medium-high heat to preheat. Season both sides of flank steak with salt, black pepper and mesquite seasoning.
- Place flank steak on hot grill along with the red pepper rounds. Cook the steak 3 to 5 minutes per side, until almost cooked through but still slightly pink. Cook the red peppers until slightly charred.
- Remove and set aside.
- Remove steak from grill pan and let rest 10 minutes before slicing crosswise on a diagonal into 1/2-inch thick slices.

- Meanwhile, heat sesame oil in a large skillet over medium heat.
- Add garlic and ginger and cook 1 minute.
- Add edamame and soy sauce and cook 2 to 3 minutes, until golden brown, stirring frequently.
- Remove from heat.
- In a small bowl, whisk together rice vinegar, oil, mustard, and wasabi paste.
- Arrange flank steak slices and red pepper rounds on a serving platter. Top with half of the sauteed edamame (reserve remaining edamame for Edamame–Rice Salad with Teriyaki Tuna). Spoon wasabi dressing over edamame and steak.
- Serve with 2 cups of the rice. Reserve remaining rice for Asparagus–Wild Mushroom Risotto with Parmesan and Edamame–Rice Salad with Teriyaki Tuna.

## Nutrition Facts



## Properties

Glycemic Index:69.5, Glycemic Load:94.86, Inflammation Score:-10, Nutrition Score:46.17260858287%

## Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 1033.85kcal (51.69%), Fat: 25.39g (39.07%), Saturated Fat: 4.37g (27.31%), Carbohydrates: 144.54g (48.18%), Net Carbohydrates: 133.74g (48.63%), Sugar: 6.21g (6.91%), Cholesterol: 68.04mg (22.68%), Sodium: 495.72mg (21.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.14g (108.28%), Folate: 395.07µg (98.77%), Vitamin B3: 19.25mg (96.24%), Vitamin C: 77.23mg (93.62%), Manganese: 1.78mg (89.13%), Selenium: 57.4µg (82%), Iron: 12.79mg (71.05%), Vitamin B1: 0.98mg (65.06%), Vitamin B6: 1.2mg (60.15%), Phosphorus: 523.97mg (52.4%), Zinc: 6.68mg (44.5%), Potassium: 1531.29mg (43.75%), Fiber: 10.8g (43.22%), Vitamin A: 1882.85IU (37.66%), Copper: 0.63mg (31.33%), Vitamin B5: 2.89mg (28.91%), Vitamin B12: 1.42µg (23.59%), Vitamin B2: 0.4mg (23.4%), Vitamin E: 3.36mg (22.42%), Magnesium: 81.84mg (20.46%), Vitamin K: 18.48µg (17.6%), Calcium: 167.11mg (16.71%)