



Flank Steak with Tomato-Balsamic Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 cup basil fresh divided
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 cups cherry tomatoes quartered
- ☐ 1 pound flank steak trimmed
- ☐ 3 garlic clove thinly sliced
- ☐ 0.3 cup spring onion divided thinly sliced
- ☐ 1 tablespoon olive oil extra virgin extra-virgin

- ☐ 0.5 teaspoon salt
- ☐ 1 shallots thinly sliced

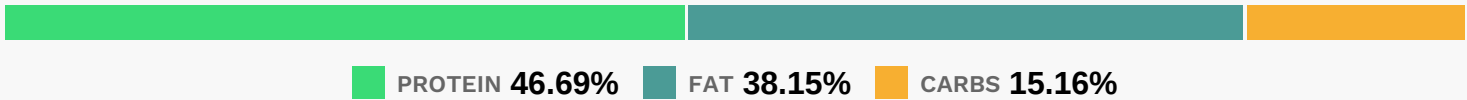
Equipment

- ☐ frying pan
- ☐ cutting board

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add olive oil; swirl to coat.
- ☐ Sprinkle steak with salt and 1/4 teaspoon pepper.
- ☐ Add steak to pan, and cook 5 minutes on each side or until desired degree of doneness.
- ☐ Transfer steak to a cutting board; let stand 5 minutes.
- ☐ Cut across grain into thin slices.
- ☐ Add garlic and shallot to pan; saut 1 1/2 minutes or until lightly browned.
- ☐ Add vinegar, and cook 1 1/2 minutes or until liquid almost evaporates.
- ☐ Add tomatoes, 1/4 cup basil, 1/4 cup green onions, and remaining 1/4 teaspoon pepper. Cook 2 minutes or until the tomatoes soften and begin to release their liquid, stirring occasionally.
- ☐ Serve tomato mixture over sliced steak.
- ☐ Sprinkle with remaining basil and remaining green onions.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:1.99, Inflammation Score:-6, Nutrition Score:16.638260799906%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 225.34kcal (11.27%), Fat: 9.31g (14.32%), Saturated Fat: 2.86g (17.85%), Carbohydrates: 8.32g (2.77%), Net Carbohydrates: 7.24g (2.63%), Sugar: 4.95g (5.5%), Cholesterol: 68.04mg (22.68%), Sodium: 365.31mg (15.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.63g (51.26%), Selenium: 34.29µg (48.98%), Vitamin B6: 0.8mg (40.16%), Vitamin B3: 7.55mg (37.75%), Zinc: 4.56mg (30.42%), Vitamin K: 31.6µg (30.1%), Phosphorus: 264.74mg (26.47%), Vitamin C: 20.11mg (24.38%), Potassium: 629.16mg (17.98%), Vitamin B12: 1.03µg (17.2%), Iron: 2.71mg (15.08%), Manganese: 0.24mg (11.82%), Vitamin A: 554.71IU (11.09%), Magnesium: 38.82mg (9.71%), Vitamin B2: 0.16mg (9.36%), Vitamin E: 1.32mg (8.79%), Copper: 0.17mg (8.66%), Vitamin B5: 0.86mg (8.56%), Folate: 33.36µg (8.34%), Vitamin B1: 0.12mg (8.15%), Calcium: 53.56mg (5.36%), Fiber: 1.08g (4.32%)