



Flank Steak With Tomato-Olive Relish



Gluten Free



Dairy Free

READY IN



37 min.

SERVINGS



6

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 14.5 ounce canned tomatoes diced italian-style canned
- ☐ 0.5 cup chicken broth
- ☐ 1.5 pounds flank steak
- ☐ 1 leaf garnish: flat parsley sprig
- ☐ 3 tablespoons parsley fresh minced
- ☐ 2 garlic cloves thinly sliced
- ☐ 0.8 teaspoon coarsely ground pepper

- ☐ 0.5 cup oil-cured olives black pitted sliced
- ☐ 3 tablespoons olive oil
- ☐ 0.8 teaspoon salt

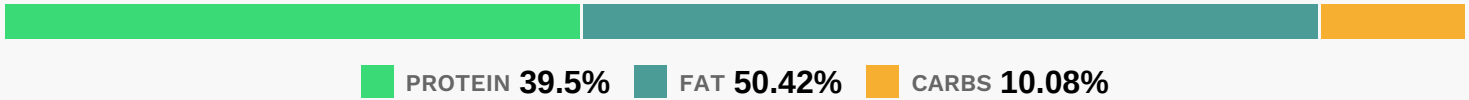
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle flank steak evenly with salt and pepper.
- ☐ Cook steak in hot oil in large skillet over medium-high heat 6 to 8 minutes on each side or to desired degree of doneness.
- ☐ Remove steak, and drain, reserving 1 tablespoon drippings in skillet; add garlic, and saut 1 minute.
- ☐ Add wine, tomatoes, olives, and vinegar; cook 10 minutes or until reduced by half. Stir in parsley.
- ☐ Cut steak diagonally across grain into thin slices, and serve with tomato mixture.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:1.78, Inflammation Score:-5, Nutrition Score:17.337826044663%

Flavonoids

Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 261.89kcal (13.09%), Fat: 14.65g (22.55%), Saturated Fat: 3.58g (22.4%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 4.77g (1.73%), Sugar: 3.59g (3.99%), Cholesterol: 68.43mg (22.81%), Sodium: 691.56mg (30.07%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.67%), Selenium: 34.2µg (48.86%), Vitamin K: 45.32µg (43.16%), Vitamin B6: 0.81mg (40.37%), Vitamin B3: 8.01mg (40.03%), Zinc: 4.59mg (30.58%), Phosphorus: 255.91mg (25.59%), Vitamin E: 2.65mg (17.66%), Potassium: 618.13mg (17.66%), Vitamin B12: 1.04µg (17.26%), Iron: 2.94mg (16.35%), Copper: 0.24mg (11.75%), Vitamin C: 9.5mg (11.51%), Vitamin B2: 0.18mg (10.71%), Magnesium: 42.17mg (10.54%), Manganese: 0.2mg (10.16%), Vitamin B1: 0.14mg (9.58%), Vitamin B5: 0.93mg (9.27%), Vitamin A: 375.88IU (7.52%), Fiber: 1.83g (7.31%), Folate: 27.35µg (6.84%), Calcium: 60.62mg (6.06%)