



# Flank Steak with Twice Baked Fingerling Potatoes

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup balsamic vinegar
- 1 pound fingerling potatoes
- 2 pound flank steak
- 1 teaspoon garlic minced
- 1 teaspoon garlic puree
- 0.3 cup grapeseed oil
- 2 tablespoons grapeseed oil

- 1 juice of lemon juiced
- 1 teaspoon kosher salt and pepper blend black freshly ground (60:40 mixture)
- 0.3 cup onion chopped
- 0.5 cup parmesan finely grated
- 2 teaspoons parsley leaves divided minced
- 1 teaspoon rosemary leaves minced
- 1 teaspoon thyme leaves minced
- 1 tablespoon truffle oil

## Equipment

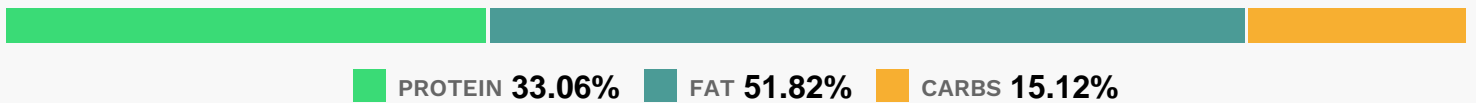
- bowl
- baking sheet
- oven
- casserole dish
- grill
- grill pan
- cutting board

## Directions

- In a bowl, mix together vinegar, oil, rosemary, garlic, lemon juice and salt and pepper blend.
- Put the steak in an 8 by 12-inch casserole dish and generously coat with the vinegar mixture. Allow to marinate for 30 minutes to 1 hour in the refrigerator.
- Preheat an outdoor grill or indoor grill pan.
- Remove the steak from the marinade, straining excess marinade from the steak. Removing the excess marinade will prevent flaming, or charring of the steak during cooking.
- Put the steak on the grill, and cook over high heat, about 8 to 9 minutes per side.
- Remove the steak from the grill to a cutting board and let rest, about 5 minutes, before cutting. Slice the steak on the bias, top to bottom, against the grain, 1/4-inch thick. Arrange the steak over the potatoes on a serving platter and serve.
- Preheat oven to 400 degrees F.

- In a large bowl, mix together the oil, 1 teaspoon of parsley, the garlic, onion, and salt and pepper blend.
- Add the potatoes and toss to coat.
- Transfer the seasoned potatoes onto a baking sheet and roast until the onions are soft to touch, about 20 minutes.
- Remove the potatoes from the oven and set aside. In a large bowl combine the truffle oil, cheese, remaining parsley and thyme.
- Add potatoes and toss to coat evenly. Return the potatoes to the baking sheet and roast for additional 20 minutes.

## Nutrition Facts



### Properties

Glycemic Index:89.13, Glycemic Load:10.97, Inflammation Score:-6, Nutrition Score:21.559565213711%

### Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

### Nutrients (% of daily need)

Calories: 456.54kcal (22.83%), Fat: 25.91g (39.86%), Saturated Fat: 6.18g (38.62%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 15.04g (5.47%), Sugar: 2.67g (2.97%), Cholesterol: 96.39mg (32.13%), Sodium: 221.33mg (9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.19g (74.38%), Selenium: 46.95µg (67.07%), Vitamin B6: 1.17mg (58.73%), Vitamin B3: 10.27mg (51.33%), Zinc: 6.29mg (41.92%), Phosphorus: 413.65mg (41.36%), Vitamin E: 4.77mg (31.83%), Potassium: 880.48mg (25.16%), Vitamin B12: 1.48µg (24.6%), Vitamin C: 18.33mg (22.21%), Iron: 3.21mg (17.86%), Calcium: 149.71mg (14.97%), Magnesium: 58.05mg (14.51%), Vitamin B2: 0.23mg (13.65%), Vitamin B5: 1.24mg (12.43%), Vitamin B1: 0.18mg (12.01%), Manganese: 0.23mg (11.4%), Copper: 0.21mg (10.56%), Folate: 34.95µg (8.74%), Fiber: 1.96g (7.83%), Vitamin K: 5.94µg (5.66%), Vitamin A: 88.14IU (1.76%)