






 **93%**
HEALTH SCORE

Grilled Flank Steak, Portobello and Green Bean Salad

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

READY IN

115 min.

SERVINGS

4

CALORIES

421 kcal

SIDE DISH

Ingredients

- 5 ounce baby spinach leaves packed (5 cups baby spinach, lightly)
- 0.3 cup balsamic vinegar
- 0.5 teaspoon chili flakes
- 2 teaspoons dijon mustard
- 1.3 pound flank steak trimmed
- 1 tablespoon garlic minced
- 0.8 pound green beans trimmed

- 0.5 teaspoon ground pepper fresh black
- 0.3 cup olive oil
- 2 tablespoons orange juice
- 0.8 pound portobello mushroom caps with a paper towel
- 0.5 small onion red thinly sliced
- 0.5 teaspoon salt
- 1 pound vine-ripened tomatoes sliced into 8 wedges
- 1 tablespoon water

Equipment

- bowl
- whisk
- grill
- ziploc bags
- grill pan
- cutting board
- glass baking pan
- steamer basket

Directions

- Combine 2 tablespoons olive oil, 3 tablespoons balsamic vinegar, orange juice, 2 teaspoons minced garlic, chili flakes, and 1/4 teaspoon each salt and pepper in a bowl and whisk.
- Place steak and mushrooms in a glass baking dish or sealable plastic bag and pour marinade on top. Marinate in the refrigerator for at least 1 or up to 4 hours.
- Combine remaining 2 tablespoons olive oil, 3 tablespoons vinegar, 1 teaspoon minced garlic, water, mustard, and remaining 1/4 teaspoon each salt and pepper.
- Whisk until incorporated.
- Place green beans in a steamer basket over a few inches of boiling water and steam until tender-crisp, about 3 minutes. Allow to cool in the refrigerator, or to cool quickly, drain and plunge in a bowl of ice water for 2 minutes.

- Drain and reserve.
- Spray a grill or grill pan with nonstick cooking spray and heat over medium-high heat.
- Remove steak and mushrooms from marinade, and discard marinade. Grill steak until medium-rare and mushrooms until cooked through but still juicy, about 4 to 5 minutes per side for both steak and mushrooms.
- Remove to a cutting board and let rest about 10 minutes.
- Cut steak across the grain into 1/4-inch slices; cut mushrooms into 1/4-inch slices.
- To assemble salad, toss steak slices, mushroom slices, spinach leaves, tomatoes, green beans and onions with dressing. Divide among 4 plates.
- Excellent source of: Protein, Fiber, Vitamin A, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Vitamin C, Folate, Vitamin K, Pantothenic Acid, Copper, Iron, Manganese, Phosphorus, Potassium, Selenium, Zinc
- Good source of: Thiamin, Calcium, Magnesium

Nutrition Facts



■ **PROTEIN 34.05%**
■ **FAT 45.54%**
■ **CARBS 20.41%**

Properties

Glycemic Index:84.75, Glycemic Load:5.76, Inflammation Score:-10, Nutrition Score:40.365652384965%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

Nutrients (% of daily need)

Calories: 421.03kcal (21.05%), Fat: 21.61g (33.24%), Saturated Fat: 4.98g (31.1%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 15.69g (5.71%), Sugar: 12.58g (13.98%), Cholesterol: 85.05mg (28.35%), Sodium: 450.2mg (19.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.35g (72.69%), Vitamin K: 227.33µg (216.5%), Vitamin A: 4949.08IU (98.98%), Selenium: 59.77µg (85.39%), Vitamin B3: 14.31mg (71.56%), Vitamin B6: 1.32mg (65.78%), Vitamin C: 41.77mg (50.63%), Phosphorus: 471.46mg (47.15%), Zinc: 6.56mg (43.75%), Potassium: 1519.92mg (43.43%), Manganese: 0.83mg (41.63%), Folate: 161.57µg (40.39%), Iron: 5.01mg (27.82%), Vitamin E: 4.17mg

(27.78%), Copper: 0.55mg (27.37%), Vitamin B2: 0.46mg (27.26%), Magnesium: 100.32mg (25.08%), Fiber: 6.09g (24.37%), Vitamin B5: 2.24mg (22.36%), Vitamin B12: 1.33µg (22.21%), Vitamin B1: 0.32mg (21.01%), Calcium: 127.6mg (12.76%), Vitamin D: 0.26µg (1.7%)