



## Grilled Flank Steak Salad with Parmesan Crisps

 Gluten Free  Very Healthy

READY IN



155 min.

SERVINGS



4

CALORIES



394 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 lb flank steak
- ☐ 0.5 cup balsamic vinaigrette italian
- ☐ 0.3 teaspoon pepper black
- ☐ 1 lb asparagus fresh trimmed
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 6 cups the of 1 cos lettuce

- ☐ 0.5 cup radishes thinly sliced
- ☐ 0.3 cup the dressing
- ☐ 6 tablespoons parmesan shredded finely

## Equipment

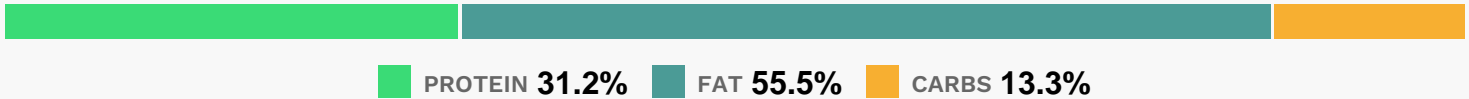
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ grill
- ☐ ziploc bags
- ☐ wok

## Directions

- ☐ In large nonmetal dish or resealable food-storage plastic bag, place steak and 1/2 cup dressing; turn to coat. Cover dish or seal bag; refrigerate at least 2 hours or overnight to marinate.
- ☐ Heat oven to 350°F. Spray large cookie sheet with cooking spray.
- ☐ To make Parmesan Crisps, spoon heaping teaspoonfuls Parmesan cheese in 12 mounds on cookie sheet.
- ☐ Spread each mound into 2-inch circle.
- ☐ Bake 6 to 8 minutes or until light brown. Carefully remove from pan to cooling rack. (Crisps may be made up to 2 days ahead and kept between layers of waxed paper in airtight container at room temperature.)
- ☐ Heat gas or charcoal grill.
- ☐ Remove steak from marinade; reserve marinade.
- ☐ Sprinkle steak with cracked black pepper.
- ☐ Place steak on grill over medium heat. Cover grill; cook 15 to 18 minutes or until desired doneness, turning halfway through grilling.

- ☐ Let stand 5 minutes.
- ☐ Meanwhile, toss asparagus with reserved marinade.
- ☐ Place asparagus in grill basket (grill “wok”); discard any remaining marinade.
- ☐ Place asparagus on grill. Cover grill; cook 6 to 8 minutes, turning occasionally, until tender. Season asparagus with salt and pepper.
- ☐ In large bowl, toss lettuce, radishes and the additional 1/4 cup dressing. Divide lettuce mixture among 4 dinner plates.
- ☐ Cut steak across grain into thin slices. Divide steak slices and asparagus evenly among plates.
- ☐ Serve with Crisps.

## Nutrition Facts



## Properties

Glycemic Index:38.75, Glycemic Load:0.82, Inflammation Score:-10, Nutrition Score:30.196086800617%

## Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Quercetin: 17.4mg, Quercetin: 17.4mg, Quercetin: 17.4mg, Quercetin: 17.4mg

## Nutrients (% of daily need)

Calories: 393.5kcal (19.68%), Fat: 24.18g (37.21%), Saturated Fat: 5.48g (34.25%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 8.9g (3.24%), Sugar: 7.6g (8.44%), Cholesterol: 79.55mg (26.52%), Sodium: 737.51mg (32.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.6g (61.19%), Vitamin A: 7068.3IU (141.37%), Vitamin K: 131.75µg (125.47%), Selenium: 38.88µg (55.54%), Folate: 174.4µg (43.6%), Vitamin B6: 0.86mg (43.01%), Vitamin B3: 8.46mg (42.3%), Phosphorus: 370.99mg (37.1%), Zinc: 5.39mg (35.95%), Iron: 5.04mg (27.99%), Potassium: 838.56mg (23.96%), Vitamin B2: 0.38mg (22.18%), Vitamin B1: 0.3mg (20.32%), Vitamin B12: 1.14µg (18.93%), Manganese: 0.35mg (17.68%), Copper: 0.35mg (17.3%), Calcium: 171.99mg (17.2%), Fiber: 4.14g (16.57%), Vitamin E: 2.2mg (14.68%), Magnesium: 56.24mg (14.06%), Vitamin C: 11.41mg (13.83%), Vitamin B5: 1.21mg (12.06%)