



 **54%**
HEALTH SCORE

Grilled Flank Steak & Vegetable Trio

 **Gluten Free**  **Dairy Free**

READY IN



90 min.

SERVINGS



8

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 0.3 cup heinz balsamic vinegar
- 2 lb beef flank steak
- 1.3 oz pkt. a.1. tomato & chili pepper marinade mix
- 2 pasilla peppers green
- 2 Tbsp olive oil
- 4 plum tomatoes
- 1 onion sweet cut into 1/2-inch slices

2 Tbsp water

Equipment

bowl

whisk

grill

Directions

Whisk first 4 ingredients until blended.

Pour over steak in shallow dish; turn to evenly coat both sides of steak. Refrigerate 1 hour to marinate, turning occasionally.

Heat grill to medium-high heat.

Remove steak from marinade; discard marinade. Grill steak 4 min. on each side or until medium doneness (160F).

Remove from grill; let stand 10 min. or until tender. Meanwhile, grill vegetables 15 min., turning and brushing occasionally with dressing.

Remove vegetables from grill. Chop tomatoes and onion slices; place in small bowl.

Cut peppers into strips.

Add to tomato mixture; mix lightly.

Cut steak across the grain into thin strips.

Serve with the vegetable mixture.

Nutrition Facts



PROTEIN 40.29% **FAT 44.19%** **CARBS 15.52%**

Properties

Glycemic Index:14.13, Glycemic Load:1.21, Inflammation Score:-9, Nutrition Score:19.392173642698%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg

Nutrients (% of daily need)

Calories: 257.61kcal (12.88%), Fat: 12.59g (19.37%), Saturated Fat: 3.2g (20.01%), Carbohydrates: 9.95g (3.32%), Net Carbohydrates: 7.15g (2.6%), Sugar: 5.5g (6.11%), Cholesterol: 68.04mg (22.68%), Sodium: 137.33mg (5.97%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 25.83g (51.65%), Vitamin A: 2550.48IU (51.01%), Selenium: 33.94µg (48.48%), Vitamin B6: 0.93mg (46.31%), Vitamin B3: 7.89mg (39.44%), Vitamin C: 30.19mg (36.6%), Zinc: 4.69mg (31.25%), Phosphorus: 269.05mg (26.9%), Potassium: 671.41mg (19.18%), Vitamin B12: 1.03µg (17.2%), Iron: 3.05mg (16.96%), Vitamin E: 2.41mg (16.05%), Vitamin B2: 0.21mg (12.2%), Vitamin K: 11.8µg (11.24%), Fiber: 2.8g (11.18%), Magnesium: 43.93mg (10.98%), Manganese: 0.2mg (9.82%), Vitamin B1: 0.14mg (9.44%), Vitamin B5: 0.92mg (9.23%), Copper: 0.18mg (8.91%), Folate: 34.05µg (8.51%), Calcium: 51.34mg (5.13%)