



Grilled Flank Steak with Corn, Tomato and Asparagus Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces asparagus thin
- ☐ 6 basil leaves shredded finely
- ☐ 1.5 cups cherry tomatoes sweet quartered
- ☐ 2 tablespoons cider vinegar
- ☐ 2 regular corn
- ☐ 0.3 cup brown sugar dark packed
- ☐ 0.5 cup dijon mustard

- ☐ 1.5 cups cooking wine dry red
- ☐ 1 pound flank steak
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 8 garlic crushed peeled
- ☐ 1 tablespoon honey
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 3 shallots coarsely chopped
- ☐ 0.3 onion sweet such as walla walla thinly sliced
- ☐ 1 tablespoon thyme leaves chopped
- ☐ 1 tablespoon butter unsalted
- ☐ 6 ounces a scant dried fresh boiling cleaned halved for 10 minutes

Equipment

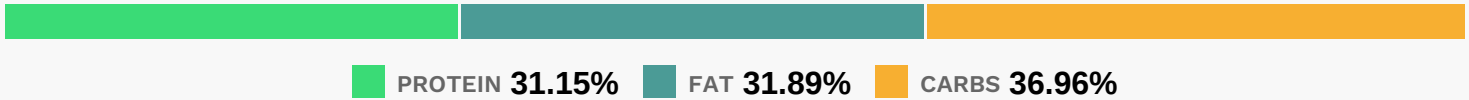
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ In a large glass baking dish, whisk the red wine, mustard, brown sugar, garlic, shallots, parsley, thyme, 1 tablespoon of salt and 1 teaspoon of pepper.
- ☐ Add the steak and turn to coat.
- ☐ Let stand at room temperature for 2 hours or refrigerate for up to 8 hours.
- ☐ Meanwhile, in a medium bowl, whisk the cider vinegar and honey.
- ☐ Add the tomatoes and onion and toss.
- ☐ Let stand for 1 hour.

- ☐ Light a grill. Coat the asparagus and corn with olive oil and season with salt and pepper. Grill over moderately high heat, turning occasionally, until tender and browned in spots, about 3 minutes for the asparagus and 6 minutes for the corn.
- ☐ Transfer to a work surface; when cool enough to handle, cut the asparagus into pieces and cut the corn from the cobs.
- ☐ Add the asparagus, corn and basil to the tomatoes and toss.
- ☐ Remove the steak from the marinade and pat dry with paper towels; season lightly with salt and pepper. Grill the steak, turning once, until medium-rare, about 10 minutes total.
- ☐ Transfer the steak to a work surface and let rest for 10 minutes.
- ☐ Meanwhile, in a skillet, melt the butter.
- ☐ Add the morels and cook over moderately high heat until browned, about 3 minutes. Season with salt and pepper.
- ☐ Thinly slice the steak against the grain and transfer to plates. Season the tomato salad with salt and pepper and spoon alongside the steak. Top the steak with the morels and serve.

Nutrition Facts



Properties

Glycemic Index:112.69, Glycemic Load:4.42, Inflammation Score:-10, Nutrition Score:28.932173977727%

Flavonoids

Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 9.97mg, Quercetin: 9.97mg, Quercetin: 9.97mg, Quercetin: 9.97mg

Nutrients (% of daily need)

Calories: 438.77kcal (21.94%), Fat: 13.54g (20.83%), Saturated Fat: 4.78g (29.9%), Carbohydrates: 35.31g (11.77%), Net Carbohydrates: 30.24g (11%), Sugar: 23.18g (25.76%), Cholesterol: 75.56mg (25.19%), Sodium: 623.31mg (27.1%), Alcohol: 9.45g (100%), Alcohol %: 2.61% (100%), Protein: 29.75g (59.5%), Selenium: 47.66µg (68.09%), Vitamin K: 59.04µg (56.23%), Iron: 9.7mg (53.88%), Vitamin B6: 1.03mg (51.54%), Vitamin B3: 9.11mg (45.54%), Phosphorus: 414.89mg (41.49%), Zinc: 5.97mg (39.79%), Manganese: 0.76mg (38.09%), Vitamin C: 25.23mg (30.59%), Copper: 0.56mg (28.24%), Potassium: 979.16mg (27.98%), Fiber: 5.07g (20.27%), Vitamin B2: 0.34mg (19.94%), Vitamin A: 990.36IU (19.81%), Vitamin B1: 0.29mg (19.06%), Magnesium: 72.36mg (18.09%), Vitamin B12: 1.04µg (17.3%), Folate: 66.14µg (16.53%), Vitamin D: 2.22µg (14.81%), Vitamin B5: 1.34mg (13.4%), Calcium: 124.17mg (12.42%), Vitamin E: 1.85mg (12.35%)