



## Grilled Flank Steak With Curried Cauliflower and Couscous

 Dairy Free

READY IN



31 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings curried cauliflower
- 10 oz couscous plain
- 1 lb flank steak
- 0.3 cup golden raisins
- 1 tablespoon olive oil
- 0.3 teaspoon pepper
- 1 teaspoon salt

## Equipment

- frying pan
- aluminum foil
- grill pan

## Directions

- Rub flank steak with olive oil; sprinkle with salt and pepper. Cook flank steak in a grill pan over medium-high heat 8 minutes on each side or to desired degree of doneness.
- Remove from pan, cover loosely with aluminum foil, and let stand 10 minutes before slicing. Prepare couscous according to package directions, stirring golden raisins into water just before couscous.
- Cut flank steak diagonally across the grain into slices, and serve over couscous with Curried Cauliflower.

## Nutrition Facts

**PROTEIN 28.63%** **FAT 18.5%** **CARBS 52.87%**

## Properties

Glycemic Index:46.42, Glycemic Load:37.27, Inflammation Score:-3, Nutrition Score:17.125652393974%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 480.71kcal (24.04%), Fat: 9.67g (14.88%), Saturated Fat: 2.93g (18.34%), Carbohydrates: 62.21g (20.74%), Net Carbohydrates: 58.26g (21.18%), Sugar: 5.38g (5.98%), Cholesterol: 68.04mg (22.68%), Sodium: 650.04mg (28.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.68g (67.37%), Vitamin B3: 9.64mg (48.22%), Selenium: 33.53µg (47.9%), Vitamin B6: 0.8mg (39.77%), Phosphorus: 360.61mg (36.06%), Zinc: 4.97mg (33.11%), Manganese: 0.61mg (30.61%), Vitamin B12: 1.03µg (17.2%), Potassium: 576.75mg (16.48%), Vitamin B5: 1.62mg (16.16%), Fiber: 3.96g (15.83%), Iron: 2.71mg (15.08%), Magnesium: 59.68mg (14.92%), Copper: 0.29mg (14.66%), Vitamin B1: 0.2mg (13.24%), Vitamin B2: 0.2mg (11.99%), Folate: 29.78µg (7.44%), Vitamin E: 0.85mg (5.64%), Calcium: 46.8mg (4.68%), Vitamin K: 4.14µg (3.95%)