



Grilled Flank Steak with Onions, Avocado, and Tomatoes



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe peeled cut into 8 wedges
- ☐ 0.3 cup balsamic vinegar
- ☐ 2 cups cherry tomatoes halved
- ☐ 1.5 pounds flank steak trimmed
- ☐ 2 medium onion red cut into 1/2-inch-thick slices

Equipment

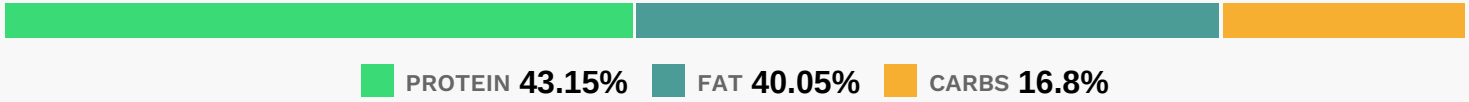
- ☐ bowl

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat grill to high heat. Lightly coat onions with cooking spray.
- ☐ Place onions on grill rack; grill 10 minutes on each side or until tender.
- ☐ Place onions in a medium bowl; cover tightly with foil. Keep warm. Lightly coat steak with cooking spray; sprinkle steak with 3/4 teaspoon kosher salt and 3/4 teaspoon black pepper.
- ☐ Place steak on grill rack; grill 6 minutes on each side or until desired degree of doneness.
- ☐ Let stand 3 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Add tomatoes, balsamic vinegar, 1/4 teaspoon kosher salt, and 1/4 teaspoon black pepper to onions; toss gently to combine. Divide steak evenly among 6 plates; top with 1/2 cup tomato mixture.
- ☐ Cut avocado wedges in thirds crosswise. Top each serving with 4 avocado pieces.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.91, Inflammation Score:-6, Nutrition Score:16.549565170122%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

Nutrients (% of daily need)

Calories: 241.91kcal (12.1%), Fat: 10.69g (16.44%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 6.87g (2.5%), Sugar: 4.6g (5.11%), Cholesterol: 68.04mg (22.68%), Sodium: 71.82mg (3.12%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 25.9g (51.8%), Selenium: 34.02µg (48.6%), Vitamin B6: 0.86mg (42.77%), Vitamin B3: 7.95mg (39.75%), Zinc: 4.7mg (31.32%), Phosphorus: 273.04mg (27.3%), Vitamin C: 17.39mg (21.08%), Potassium: 722.87mg (20.65%), Vitamin B12: 1.03µg (17.2%), Folate: 55.3µg (13.83%), Iron: 2.42mg (13.45%), Vitamin B5: 1.29mg (12.89%), Fiber: 3.22g (12.86%), Vitamin B2: 0.19mg (11.46%), Magnesium: 44.07mg (11.02%), Copper: 0.2mg (10.04%), Vitamin K: 9.93µg (9.46%), Vitamin B1: 0.14mg (9.26%), Vitamin E: 1.31mg (8.72%), Manganese: 0.17mg (8.67%), Vitamin A: 292.51IU (5.85%), Calcium: 44.6mg (4.46%)