



Grilled Flank Steak with Sautéed Beet Greens and Creamy Horseradish Beets

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 medium beets with green tops
- ☐ 0.3 cup crème fraîche sour
- ☐ 2 tablespoons dijon mustard
- ☐ 1.5 pound flank steak
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground pepper black

- ☐ 3 tablespoons horseradish white prepared
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 tablespoons olive oil divided
- ☐ 1 tablespoon shallots minced
- ☐ 1 tablespoon worcestershire sauce

Equipment

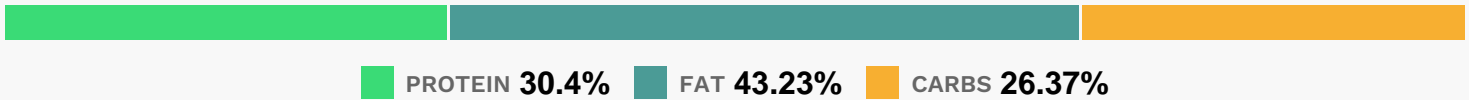
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 375°F. Trim green tops from beets; cut off stems and discard, reserving greens. Gently scrub 4 beets and set aside (reserve remaining beets for another use). Toss beets with 2 tablespoons oil in roasting pan.
- ☐ Sprinkle with salt. Cover pan with foil.
- ☐ Bake until beets are tender, about 50 minutes.
- ☐ Let beets stand covered at room temperature 20 minutes. Peel beets and cut into 1/2-inch cubes.
- ☐ Whisk crème fraîche, horseradish, lemon juice, and minced shallot in medium bowl.
- ☐ Add beets and toss to coat. Season to taste with salt and pepper.
- ☐ Let stand at room temperature at least 20 minutes. DO AHEAD Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Whisk 2 tablespoons olive oil, Dijon mustard, Worcestershire sauce, chopped rosemary, minced garlic, and ground black pepper in 13x9x2-inch glass baking dish.

- ☐ Add steak; turn to coat. Cover and chill at least 1 hour and up to 2 hours.
- ☐ Spray grill rack with nonstick spray. Prepare barbecue (medium-high heat).
- ☐ Remove steak from marinade; sprinkle with salt and pepper. Grill steak to desired doneness, about 5 minutes per side for medium-rare.
- ☐ Remove from grill; let stand 5 minutes.
- ☐ Meanwhile, heat remaining 2 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add reserved beet greens; sauté until wilted, about 3 minutes.
- ☐ Remove from heat, cover, and let stand 3 minutes.
- ☐ Thinly slice steak crosswise. Divide steak among 6 plates; surround with sautéed beet greens. Mound horseradish beets alongside.

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:10.17, Inflammation Score:-7, Nutrition Score:23.51260870436%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 373.36kcal (18.67%), Fat: 18.13g (27.89%), Saturated Fat: 5.03g (31.41%), Carbohydrates: 24.88g (8.29%), Net Carbohydrates: 17.91g (6.51%), Sugar: 16.98g (18.86%), Cholesterol: 75.58mg (25.19%), Sodium: 364.84mg (15.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.68g (57.37%), Folate: 269.4µg (67.35%), Selenium: 37.54µg (53.63%), Vitamin B6: 0.87mg (43.4%), Manganese: 0.83mg (41.41%), Vitamin B3: 7.92mg (39.62%), Zinc: 5.3mg (35.32%), Potassium: 1205.2mg (34.43%), Phosphorus: 341.52mg (34.15%), Fiber: 6.98g (27.91%), Iron: 3.95mg (21.96%), Magnesium: 84.52mg (21.13%), Vitamin C: 15.77mg (19.12%), Vitamin B12: 1.06µg (17.65%), Vitamin B2: 0.25mg (14.93%), Copper: 0.28mg (13.79%), Vitamin E: 1.84mg (12.29%), Vitamin B5: 1.15mg (11.5%), Vitamin B1: 0.17mg (11.33%), Calcium: 87.08mg (8.71%), Vitamin K: 8.12µg (7.73%), Vitamin A: 171.41IU (3.43%)