



Grilled Flank Steak with Tapenade

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons capers drained
- 1 pound flank steak
- 0.5 cup cilantro leaves fresh packed
- 1 clove garlic chopped
- 0.8 cup olive green pitted rinsed drained
- 0.3 cup olive oil
- 2 teaspoons red wine vinegar
- 4 servings salt

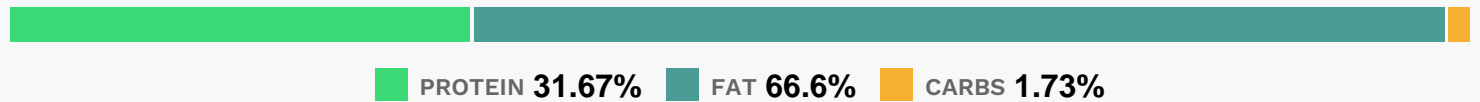
Equipment

- food processor
- bowl
- grill
- aluminum foil
- cutting board

Directions

- Combine olives, 1/4 cup oil, cilantro, capers, garlic and vinegar in a food processor and process until blended.
- Transfer to a bowl.
- Heat a gas grill on high. Rub steak with 1 Tbsp. olive oil, sprinkle with salt and grill, turning once, 8 to 10 minutes total for medium-rare.
- Transfer to a cutting board, tent with foil and let rest 5 minutes. Slice against the grain.
- Serve with tapenade spooned on top.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:13.218695671662%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 313.68kcal (15.68%), Fat: 23.07g (35.49%), Saturated Fat: 4.73g (29.57%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.17g (0.18%), Cholesterol: 68.04mg (22.68%), Sodium: 677.97mg (29.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.68g (49.35%), Selenium: 33.82µg (48.31%), Vitamin

B3: 7.16mg (35.78%), Vitamin B6: 0.71mg (35.32%), Zinc: 4.38mg (29.18%), Phosphorus: 232.48mg (23.25%),
Vitamin E: 3.3mg (21.98%), Vitamin B12: 1.03µg (17.2%), Vitamin K: 16.3µg (15.52%), Potassium: 412.3mg (11.78%), Iron:
2.02mg (11.24%), Vitamin B2: 0.14mg (8.1%), Vitamin B5: 0.74mg (7.36%), Magnesium: 28.87mg (7.22%), Copper:
0.12mg (6.2%), Vitamin B1: 0.09mg (6%), Vitamin A: 235.89IU (4.72%), Folate: 16.99µg (4.25%), Calcium: 40.48mg
(4.05%), Fiber: 0.94g (3.76%), Manganese: 0.04mg (1.8%), Vitamin C: 0.83mg (1.01%)