



Grilled Flatiron Steaks with Kale and Beet Risotto



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rice medium-grain
- ☐ 1 pound beets
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 ounce cheese blue crumbled
- ☐ 2 cups fat-skimmed beef broth fat-free
- ☐ 16 ounce flat iron steak
- ☐ 1 teaspoon garlic minced

- ☐ 6 cups kale chopped (1 bunch)
- ☐ 3 tablespoons olive oil divided
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 0.8 teaspoon salt divided
- ☐ 1 tablespoon tarragon
- ☐ 2 cups water
- ☐ 0.3 cup wine

Equipment

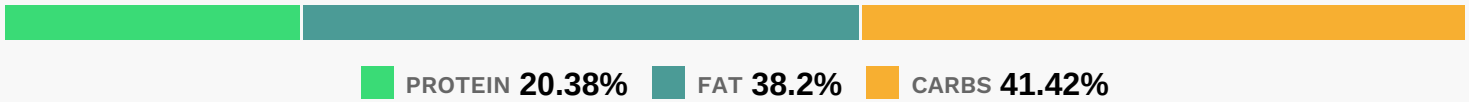
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Leave root and 1-inch stem on beets; scrub with a brush. Wrap beets in heavy-duty aluminum foil.
- ☐ Bake at 350 for 1 hour and 15 minutes or until tender.
- ☐ Remove from oven; cool. Trim off beet roots and stems; rub off skins.
- ☐ Cut beets into quarters.
- ☐ Place beets, vinegar, tarragon, and 1 tablespoon oil in a blender. Process until smooth; set aside.
- ☐ Heat a large skillet over medium heat. Coat pan with cooking spray.
- ☐ Add garlic to pan; cook 30 seconds, stirring constantly.
- ☐ Add kale to pan; cook 5 minutes or until kale wilts, stirring frequently.
- ☐ Remove kale mixture from pan; wipe pan clean.

- ☐ Bring broth and 2 cups water to a simmer in a small saucepan (do not boil). Keep warm over low heat.
- ☐ Heat remaining 2 tablespoons oil in skillet over medium heat.
- ☐ Add onion; cook 5 minutes or until tender, stirring occasionally.
- ☐ Add rice; cook 1 minute, stirring constantly. Stir in wine; cook 2 minutes or until the liquid is absorbed, stirring constantly.
- ☐ Add broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 20 minutes total). Stir in pureed beet mixture, kale, and 1/2 teaspoon salt.
- ☐ Remove from pan; keep warm. Wipe pan clean.
- ☐ Heat skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle beef evenly with remaining 1/4 teaspoon salt and pepper.
- ☐ Add beef to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove from pan; let stand at room temperature 5 minutes before cutting across grain into thin slices.
- ☐ Serve beef with risotto; sprinkle with blue cheese.

Nutrition Facts



Properties

Glycemic Index:94.75, Glycemic Load:43.09, Inflammation Score:-10, Nutrition Score:42.082174435258%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 8.44mg, Isorhamnetin: 8.44mg, Isorhamnetin: 8.44mg, Isorhamnetin: 8.44mg Kaempferol: 14.88mg, Kaempferol: 14.88mg, Kaempferol: 14.88mg, Kaempferol: 14.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg

Nutrients (% of daily need)

Calories: 623.22kcal (31.16%), Fat: 25.78g (39.66%), Saturated Fat: 7.46g (46.63%), Carbohydrates: 62.88g (20.96%), Net Carbohydrates: 56.24g (20.45%), Sugar: 9.12g (10.14%), Cholesterol: 80.16mg (26.72%), Sodium: 1181.51mg (51.37%), Alcohol: 1.54g (100%), Alcohol %: 0.32% (100%), Protein: 30.95g (61.9%), Vitamin K: 130.61µg (124.39%), Vitamin B12: 6.04µg (100.67%), Folate: 295.64µg (73.91%), Manganese: 1.44mg (72.23%), Selenium: 47.63µg (68.05%), Vitamin A: 3313IU (66.26%), Zinc: 9.33mg (62.21%), Vitamin C: 37.64mg (45.63%), Iron: 7.57mg (42.07%), Vitamin B3: 7.97mg (39.85%), Phosphorus: 383.96mg (38.4%), Vitamin B6: 0.75mg (37.7%), Vitamin B1: 0.54mg (36.21%), Vitamin B2: 0.52mg (30.79%), Potassium: 1029.1mg (29.4%), Fiber: 6.64g (26.56%), Vitamin B5: 2.34mg (23.42%), Magnesium: 88.42mg (22.11%), Copper: 0.43mg (21.51%), Calcium: 181.31mg (18.13%), Vitamin E: 1.98mg (13.21%)