



 51%
HEALTH SCORE

Grilled Flatiron Steaks with Tomatoes and Tapenade

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 fillet anchovy packed in oil, drained, minced
- 1 tablespoon capers minced
- 0.3 cup flat parsley loosely packed ()
- 2 tablespoons garlic minced
- 1 garlic clove minced
- 1 orange juice
- 6 servings kosher salt

- 1 tablespoon juice of lemon fresh
- 1 tablespoon olive oil plus more for drizzling
- 1 cup olives pitted chopped (such as Niçoise or Kalamata)
- 2 tablespoons oregano fresh chopped
- 1 tablespoon pepper red crushed
- 6 servings pepper black freshly ground
- 1 shallots thinly sliced into rings
- 0.3 cup shallots thinly sliced
- 2 pounds skirt steak
- 2 tablespoons paprika smoked
- 3 pounds tomatoes thick sliced
- 2 tablespoons vegetable oil
- 4 cups watercress

Equipment

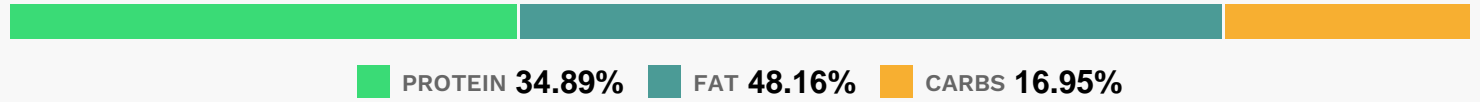
- bowl
- blender
- grill

Directions

- Stir 1/3 cup olive oil, next 4 ingredients, and anchovy, if using, in a small bowl.
- Add more olive oil for a thinner tapenade, if desired. (For a smoother sauce, purée tapenade in a food processor or blender.) Set aside.
- Place steak in a large baking dish and season generously with salt. Stir orange zest and juice and remaining 6 ingredients in a small bowl to combine.
- Spread mixture evenly over both sides of steak and let marinate at room temperature for 1 hour.
- Build a medium-hot fire in a charcoal grill, or heat a gas grill to high. Grill steak, turning once, until nicely charred, about 5 minutes on each side for medium-rare.
- Transfer to a carving board and let rest for 5–10 minutes.

- Arrange tomatoes on a serving platter. Scatter shallot and parsley over; drizzle with oil and season with salt and pepper. In a medium bowl, toss watercress with 1 tablespoon each oil and lemon juice. Season watercress to taste with salt.
- Mound watercress on platter. Slice steak against the grain; transfer to platter with tomatoes and watercress. Spoon tapenade on steak and serve alongside.

Nutrition Facts



Properties

Glycemic Index: 54.33, Glycemic Load: 3.9, Inflammation Score: -10, Nutrition Score: 37.335217755774%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg Naringenin: 1.79mg, Naringenin: 1.79mg, Naringenin: 1.79mg, Naringenin: 1.79mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 7.22mg, Kaempferol: 7.22mg, Kaempferol: 7.22mg, Kaempferol: 7.22mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg

Nutrients (% of daily need)

Calories: 404.93kcal (20.25%), Fat: 22.67g (34.88%), Saturated Fat: 5.85g (36.59%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 11.7g (4.25%), Sugar: 8.6g (9.56%), Cholesterol: 95.65mg (31.88%), Sodium: 730.51mg (31.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.96g (73.93%), Vitamin K: 142.22µg (135.45%), Vitamin A: 4520.29IU (90.41%), Zinc: 10.5mg (70.02%), Vitamin C: 52.35mg (63.45%), Vitamin B12: 3.22µg (53.74%), Vitamin B3: 10.72mg (53.61%), Vitamin B6: 1.07mg (53.36%), Selenium: 35.06µg (50.09%), Vitamin B2: 0.62mg (36.56%), Potassium: 1263.9mg (36.11%), Manganese: 0.7mg (34.83%), Phosphorus: 333.63mg (33.36%), Vitamin E: 4.71mg (31.4%), Iron: 5.23mg (29.08%), Fiber: 6.26g (25.03%), Magnesium: 83.21mg (20.8%), Copper: 0.38mg (19.12%), Vitamin B1: 0.24mg (16.06%), Folate: 59.28µg (14.82%), Vitamin B5: 1.34mg (13.38%), Calcium: 124.73mg (12.47%), Vitamin D: 0.15µg (1.01%)