



 **56%**
HEALTH SCORE

Grilled Horseradish Steak with Mushroom Salad

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon sea salt
- 1 pound flank steak
- 1 tablespoon garlic minced
- 2 tablespoons horseradish prepared
- 1 teaspoon kosher salt and pepper black freshly ground
- 1 tablespoon juice of lemon fresh
- 4 ounces lambs lettuce

- 4 tbsp olive oil divided
- 1 pound mushrooms such as oyster mixed cut into chunks

Equipment

- bowl
- paper towels
- grill
- aluminum foil
- tongs
- cutting board

Directions

- Prepare a charcoal or gas grill for high heat (450 to 550; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds). In a small bowl, combine horseradish, 2 tbsp. oil, and garlic.
- Spread half of mixture over one side of steak.
- Using a wad of oiled paper towels and tongs, oil cooking grate.
- Lay steak, sauce side down, onto grate.
- Spread remaining sauce onto top side. Grill steak, turning once, until done the way you like, 10 minutes for medium-rare. Meanwhile, grill mushrooms next to steak until warm and grill marks appear, about 6 minutes.
- Transfer steak to a cutting board and sprinkle with sea salt. Tent with foil and let rest 10 minutes.
- Put mushrooms in a medium bowl.
- Add mche, remaining 2 tbsp. oil, lemon juice, kosher salt, and pepper, and gently toss to combine.
- Serve next to steak.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.46, Inflammation Score:-9, Nutrition Score:24.141739306243%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 331.15kcal (16.56%), Fat: 20.34g (31.29%), Saturated Fat: 4.37g (27.32%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 6.98g (2.54%), Sugar: 1.98g (2.2%), Cholesterol: 68.04mg (22.68%), Sodium: 695.27mg (30.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.9g (57.8%), Vitamin B3: 12.85mg (64.26%), Selenium: 37.18µg (53.11%), Vitamin B6: 0.92mg (46.08%), Vitamin A: 2068.27IU (41.37%), Phosphorus: 386.64mg (38.66%), Zinc: 5.48mg (36.52%), Vitamin B2: 0.56mg (32.72%), Potassium: 1030.32mg (29.44%), Iron: 4.07mg (22.63%), Vitamin B5: 2.22mg (22.24%), Copper: 0.42mg (20.77%), Vitamin C: 14.77mg (17.91%), Manganese: 0.35mg (17.55%), Vitamin B12: 1.03µg (17.2%), Folate: 66.97µg (16.74%), Vitamin B1: 0.25mg (16.64%), Vitamin E: 2.36mg (15.72%), Magnesium: 52.66mg (13.17%), Fiber: 3.04g (12.14%), Vitamin K: 10.74µg (10.23%), Vitamin D: 0.79µg (5.29%), Calcium: 48.75mg (4.87%)