



WHATSheATE



Grilled Italian Steak and Vegetables



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinaigrette
- ☐ 0.3 cup basil fresh chopped
- ☐ 1.5 teaspoons lawry's seasoned salt
- ☐ 16 ounces beef strip steaks boneless
- ☐ 1 pound asparagus cut into 2-inch pieces
- ☐ 1 medium onion red cut into thin wedges
- ☐ 1 bell pepper yellow cut into 8 pieces

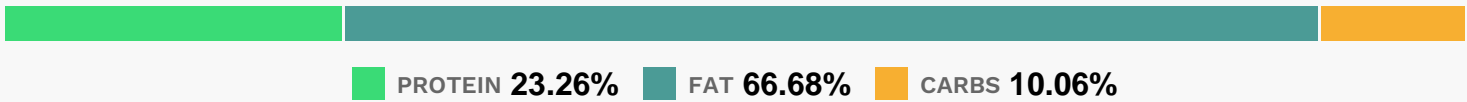
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ wok
- ☐ grill pan

Directions

- ☐ Mix 2 tablespoons of the dressing, 2 tablespoons of the basil and 3/4 teaspoon of the peppered seasoned salt in large bowl; set aside for vegetables.
- ☐ Mix remaining dressing, basil and peppered seasoned salt in shallow glass or plastic dish or resealable plastic food-storage bag; add beef. Cover dish or seal bag and refrigerate 15 minutes.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Add asparagus, onion and bell pepper to reserved dressing mixture; toss to coat.
- ☐ Place in disposable 8-inch square foil pan or grill basket (grill “wok”). Reserve dressing in bowl.
- ☐ Remove beef from marinade; reserve marinade. Cover and grill pan of vegetables 4 to 6 inches from medium heat 5 minutes.
- ☐ Add beef to grill next to pan. Cover and grill beef and vegetables 10 to 12 minutes, turning beef once and stirring vegetables occasionally, until beef is desired doneness and vegetables are tender.
- ☐ Brush beef with reserved marinade during last 5 minutes of cooking.
- ☐ Add vegetables to bowl with reserved dressing; toss to coat.
- ☐ Cut beef into thin slices. Discard any remaining marinade.
- ☐ Serve vegetables with beef.
- ☐ Drizzle with additional dressing if desired.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:22.799565066462%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 21.75mg, Quercetin: 21.75mg, Quercetin: 21.75mg, Quercetin: 21.75mg

Nutrients (% of daily need)

Calories: 432.59kcal (21.63%), Fat: 31.99g (49.21%), Saturated Fat: 9.5g (59.36%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 7.71g (2.8%), Sugar: 4.28g (4.76%), Cholesterol: 97.52mg (32.51%), Sodium: 1198.28mg (52.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.11g (50.21%), Vitamin C: 63.25mg (76.66%), Vitamin K: 55.32µg (52.69%), Selenium: 28.47µg (40.67%), Vitamin B6: 0.8mg (39.76%), Vitamin B3: 7.29mg (36.44%), Zinc: 4.49mg (29.93%), Phosphorus: 281.31mg (28.13%), Iron: 4.29mg (23.81%), Folate: 84.29µg (21.07%), Vitamin A: 996.46IU (19.93%), Potassium: 677.08mg (19.35%), Vitamin B1: 0.26mg (17.46%), Vitamin B12: 1.04µg (17.39%), Vitamin B2: 0.29mg (17.35%), Copper: 0.34mg (17.02%), Manganese: 0.28mg (13.96%), Fiber: 3.14g (12.56%), Vitamin E: 1.76mg (11.76%), Magnesium: 45.86mg (11.46%), Vitamin B5: 1.02mg (10.2%), Calcium: 67.9mg (6.79%)