



HEALTH SCORE

79%

Grilled Steak and Portabella Stacks



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 4 beef tenderloin steaks thick (each 6 oz. and)
- ☐ 1 tablespoon flat-leaf parsley finely chopped
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons olive tapenade
- ☐ 0.5 teaspoon pepper
- ☐ 4 large portabella mushroom caps (5-in.-wide)
- ☐ 1 large bell pepper red stemmed seeded quartered

- ☐ 1 tablespoon soya sauce
- ☐ 4 slices onion sweet thin
- ☐ 2 cups torn watercress

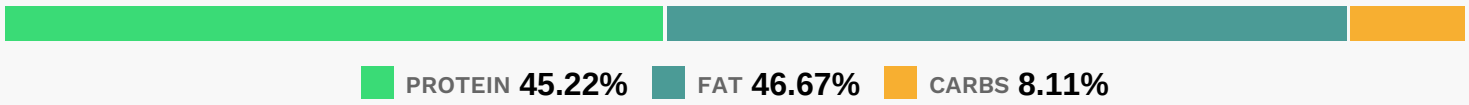
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat grill to medium (350 to 450). In a medium bowl, whisk together oil, vinegar, soy, and pepper; transfer 1/4 cup to a small bowl.
- ☐ Whisk tapenade and parsley into medium bowl of dressing; set aside.
- ☐ Brush steaks, mushrooms, and bell pepper with the 1/4 cup dressing.
- ☐ Grill steaks, mushrooms, pepper, and onion with lid down, turning once, until grill marks appear on pepper and onion, mushrooms are tender, and steak is done the way you like, 8 to 15 minutes total for vegetables and medium-rare meat.
- ☐ Arrange mushrooms, cupped side up, on a platter. Top each with watercress, then a steak, pepper piece, and onion slice.
- ☐ Drizzle with reserved tapenade dressing.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:1.65, Inflammation Score:-9, Nutrition Score:37.49043496277%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 4.1mg, Kaempferol: 4.1mg, Kaempferol: 4.1mg, Kaempferol: 4.1mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin:

7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

Nutrients (% of daily need)

Calories: 477.04kcal (23.85%), Fat: 24.37g (37.49%), Saturated Fat: 6.49g (40.53%), Carbohydrates: 9.52g (3.17%), Net Carbohydrates: 7.22g (2.63%), Sugar: 6.44g (7.15%), Cholesterol: 144.64mg (48.21%), Sodium: 396.54mg (17.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.12g (106.25%), Selenium: 84.87µg (121.24%), Vitamin B3: 18.9mg (94.52%), Vitamin B6: 1.7mg (85.01%), Vitamin C: 61.79mg (74.9%), Vitamin K: 70.39µg (67.04%), Zinc: 9.6mg (64%), Phosphorus: 596.8mg (59.68%), Vitamin A: 1911.93IU (38.24%), Potassium: 1297.02mg (37.06%), Vitamin B12: 2.14µg (35.73%), Vitamin B5: 2.64mg (26.43%), Vitamin B2: 0.44mg (26.01%), Iron: 4.46mg (24.79%), Copper: 0.45mg (22.7%), Vitamin E: 3.06mg (20.4%), Folate: 78.88µg (19.72%), Vitamin B1: 0.26mg (17.58%), Magnesium: 65.9mg (16.47%), Manganese: 0.25mg (12.63%), Fiber: 2.3g (9.19%), Calcium: 85.04mg (8.5%), Vitamin D: 0.25µg (1.68%)