



Grilled Steak and Summer Vegetables with Pesto



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 4 garlic cloves minced
- ☐ 4 green onions
- ☐ 2 tablespoons commercial pesto
- ☐ 2 bell peppers red quartered
- ☐ 0.3 cup red wine vinegar
- ☐ 0.8 teaspoon salt divided

- ☐ 1 pound rump steak boneless lean trimmed
- ☐ 4 small baby squash yellow halved lengthwise
- ☐ 4 small zucchini halved lengthwise

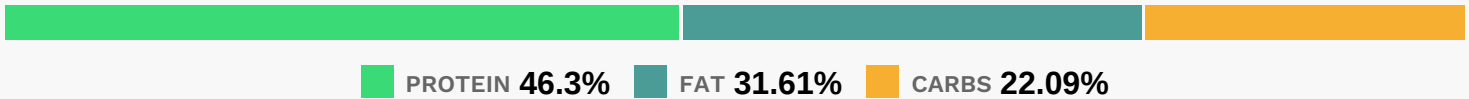
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Prepare grill or broiler.
- ☐ Sprinkle steak with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Combine 1/2 teaspoon of salt, 1/4 teaspoon of black pepper, vinegar, and next 5 ingredients (through garlic) in a large zip-top plastic bag. Seal and shake to coat.
- ☐ Place steak on grill rack or broiler pan coated with cooking spray; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes; cut steak into 1/4-inch slices.
- ☐ Place zucchini and squash on grill rack or broiler pan coated with cooking spray; cook for 4 minutes on each side or until tender.
- ☐ Place bell peppers and onions on grill rack or broiler pan; cook 2 minutes or just until tender.
- ☐ Coarsely chop vegetables; place in a bowl.
- ☐ Add pesto; stir gently.
- ☐ Garnish with oregano, if desired.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:2.46, Inflammation Score:-9, Nutrition Score:29.671304402144%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 248.3kcal (12.41%), Fat: 8.83g (13.58%), Saturated Fat: 2.61g (16.34%), Carbohydrates: 13.88g (4.63%), Net Carbohydrates: 9.6g (3.49%), Sugar: 8.6g (9.55%), Cholesterol: 69.77mg (23.26%), Sodium: 588.64mg (25.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.09g (58.19%), Vitamin C: 120.61mg (146.19%), Vitamin B6: 1.35mg (67.47%), Vitamin A: 2607.42IU (52.15%), Vitamin B3: 10.19mg (50.95%), Selenium: 29.96µg (42.8%), Zinc: 5.65mg (37.69%), Vitamin K: 38.3µg (36.48%), Phosphorus: 348.24mg (34.82%), Potassium: 1184.89mg (33.85%), Manganese: 0.61mg (30.36%), Folate: 112.46µg (28.12%), Vitamin B2: 0.46mg (27.28%), Vitamin B12: 1.35µg (22.49%), Magnesium: 78.71mg (19.68%), Iron: 3.32mg (18.45%), Fiber: 4.29g (17.14%), Vitamin B1: 0.22mg (14.93%), Vitamin B5: 1.38mg (13.82%), Copper: 0.24mg (11.99%), Vitamin E: 1.67mg (11.12%), Calcium: 100.92mg (10.09%)