



HEALTH SCORE

55%

Grilled Steak and Zucchini



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 1 clove garlic smashed
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 2.5 tablespoons olive oil extra-virgin

- ☐ 4 servings pepper freshly ground
- ☐ 1 pound baby red-skinned potatoes
- ☐ 1.5 pounds beef tri-tip cut lengthwise into 4 steaks
- ☐ 2 medium zucchini sliced

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat a grill to medium high.
- ☐ Put the potatoes in a medium saucepan; add the garlic, 1/2 teaspoon salt, and water to cover. Bring to a boil, then reduce the heat to medium low and simmer until the potatoes are tender, about 10 minutes; drain, discarding the garlic.
- ☐ Meanwhile, mix the olive oil, rosemary, thyme, lemon zest, 1 teaspoon salt, and pepper to taste in a small bowl. Toss the zucchini in a bowl with 1 tablespoon of the herb oil. Rub the steak with a tablespoon of the remaining herb oil.
- ☐ Grill the steak, turning once, about 10 minutes for medium rare (a thermometer inserted into the center of the steak should register 130 degrees F to 135 degrees F).
- ☐ Transfer to a plate to rest. Meanwhile, grill the zucchini, turning once, until well marked and crisp-tender, about 10 minutes.
- ☐ Transfer to a plate and sprinkle with half of the lemon juice.
- ☐ Toss the potatoes with the remaining herb oil and lemon juice, the parsley, and salt and pepper to taste.
- ☐ Serve with the steak and zucchini.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



PROTEIN 33.8% FAT 46.9% CARBS 19.3%

Properties

Glycemic Index:38.5, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:25.947391136833%

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: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 457.91kcal (22.9%), Fat: 23.81g (36.63%), Saturated Fat: 6.68g (41.76%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 18.85g (6.86%), Sugar: 4.04g (4.49%), Cholesterol: 112.26mg (37.42%), Sodium: 311.55mg (13.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.6g (77.21%), Vitamin B6: 1.33mg (66.34%), Vitamin B3: 12.14mg (60.71%), Selenium: 40.18µg (57.39%), Zinc: 6.82mg (45.47%), Phosphorus: 431.23mg (43.12%), Vitamin C: 32.57mg (39.47%), Potassium: 1332.04mg (38.06%), Vitamin K: 31.56µg (30.06%), Vitamin B12: 1.8µg (30.05%), Iron: 4.04mg (22.47%), Magnesium: 81.12mg (20.28%), Manganese: 0.4mg (19.88%), Vitamin B2: 0.31mg (17.95%), Copper: 0.33mg (16.75%), Vitamin B1: 0.25mg (16.6%), Folate: 65.52µg (16.38%), Vitamin B5: 1.55mg (15.48%), Vitamin E: 1.95mg (13%), Fiber: 3.19g (12.77%), Calcium: 78.04mg (7.8%), Vitamin A: 338.24IU (6.76%)