



Grilled Steak Panzanella with Pickled Vegetables

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



419 kcal

SIDE DISH

Ingredients

- ☐ 3 cups baby spinach and arugula mixture
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.5 cup julienne-cut carrot
- ☐ 4 ounce ciabatta bread ()
- ☐ 1 pound flatiron steak trimmed
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped

- ☐ 1 tablespoon garlic minced
- ☐ 2 cups grape tomatoes halved
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon paprika
- ☐ 0.5 cup julienne-cut radishes
- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt divided
- ☐ 1.5 tablespoons sugar
- ☐ 3 tablespoons water

Equipment

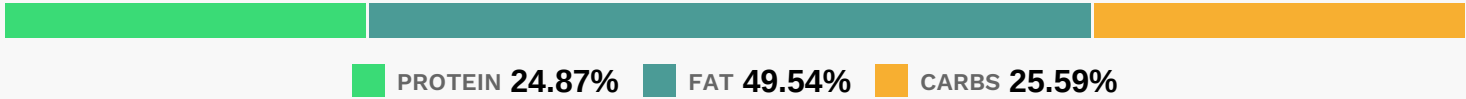
- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine first 3 ingredients in a medium bowl, stirring with a whisk until sugar dissolves.
- ☐ Add onion, carrot, and radishes; toss well.
- ☐ Let stand 30 minutes; drain.
- ☐ Combine olive oil, garlic, thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl, stirring with a whisk. Stir in tomatoes; set aside.
- ☐ Lightly coat the bread with cooking spray.
- ☐ Place bread on grill rack, and grill for 3 minutes on each side or until crisp.
- ☐ Sprinkle the steak evenly with paprika, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon black pepper.
- ☐ Place on grill rack coated with cooking spray, and grill for 3 minutes on each side or until desired degree of doneness.

- ☐ Let stand 10 minutes.
- ☐ Cut steak across the grain into thin slices.
- ☐ Cut each slice in half.
- ☐ Cut the bread into (1-inch) cubes.
- ☐ Add bread, greens, steak, and basil to tomato mixture; toss well. Top with carrot mixture.

Nutrition Facts



Properties

Glycemic Index:109.48, Glycemic Load:5.3, Inflammation Score:-10, Nutrition Score:30.826522039331%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 419.32kcal (20.97%), Fat: 23.06g (35.48%), Saturated Fat: 6.11g (38.19%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 23.64g (8.6%), Sugar: 8.5g (9.44%), Cholesterol: 74.84mg (24.95%), Sodium: 555.4mg (24.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.04g (52.09%), Vitamin K: 131.01µg (124.77%), Vitamin A: 5779.24IU (115.58%), Vitamin B12: 5.73µg (95.44%), Zinc: 8.25mg (54.97%), Selenium: 34.58µg (49.4%), Vitamin B6: 0.62mg (31.07%), Vitamin C: 23.67mg (28.69%), Phosphorus: 259.98mg (26%), Vitamin B3: 4.8mg (24%), Manganese: 0.48mg (23.95%), Potassium: 806.04mg (23.03%), Iron: 4.14mg (23.02%), Vitamin B2: 0.35mg (20.58%), Vitamin E: 2.84mg (18.9%), Folate: 70.51µg (17.63%), Magnesium: 60.25mg (15.06%), Copper: 0.26mg (12.92%), Vitamin B5: 1.29mg (12.88%), Fiber: 3.16g (12.66%), Vitamin B1: 0.19mg (12.39%), Calcium: 64.18mg (6.42%)