



Grilled Steak Salad Niçoise

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



881 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons dijon mustard
- 1.5 pounds flank steak
- 0.3 pound green beans trimmed
- 2 hard-cooked eggs quartered
- 16 kalamata olives
- 4 medium size new potatoes cut into 1/4-inch slices
- 4 plum tomatoes cut into 4 wedges
- 6 cups gourmet salad greens

- 16 ounce balsamic vinaigrette salad dressing

Equipment

- paper towels
- sauce pan
- whisk
- grill
- ziploc bags

Directions

- Score steak diagonally across grain at 3/4-inch intervals.
- Whisk together vinaigrette, mustard, and, if desired, anchovy paste.
- Pour 1/2 cup mixture in a shallow dish or heavy-duty zip-top plastic bag; reserve remaining mixture.
- Add flank steak to dish or bag, cover or seal, and chill 1 hour, turning occasionally.
- Cook potato in boiling water to cover in a large saucepan 10 to 12 minutes or until tender; drain and toss with 1/2 cup reserved vinaigrette mixture. Set aside.
- Cook green beans in boiling water to cover 3 to 4 minutes or until crisp-tender; drain. Plunge beans into ice water to stop the cooking process; drain. Pat dry with paper towels, and set aside.
- Remove flank steak from marinade, and discard marinade.
- Grill steak, covered with grill lid, over medium-high heat (350 to 400 degrees Fahrenheit) 4 to 6 minutes on each side or to desired degree of doneness.
- Remove from grill, and let stand 10 minutes.
- Cut diagonally across grain into 1/4-inch-thick slices.
- Toss salad greens with 1/4 cup remaining vinaigrette mixture, and place on 4 serving plates. Arrange steak, green beans, potato, tomato, olives, and egg on salad greens.
- Drizzle with remaining vinaigrette mixture, and serve immediately.

Nutrition Facts



■ PROTEIN 19.3% ■ FAT 71.62% ■ CARBS 9.08%

Properties

Glycemic Index:49.94, Glycemic Load:8.38, Inflammation Score:-9, Nutrition Score:34.326956375785%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 881.38kcal (44.07%), Fat: 70.95g (109.15%), Saturated Fat: 15.06g (94.12%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 16.64g (6.05%), Sugar: 6.3g (7%), Cholesterol: 195.31mg (65.1%), Sodium: 478.15mg (20.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.03g (86.05%), Vitamin K: 132.64µg (126.33%), Selenium: 62.97µg (89.95%), Vitamin B6: 1.37mg (68.61%), Vitamin B3: 12.18mg (60.92%), Zinc: 7.29mg (48.62%), Phosphorus: 476.31mg (47.63%), Vitamin E: 7.07mg (47.14%), Vitamin C: 36.93mg (44.77%), Potassium: 1184.29mg (33.84%), Vitamin A: 1593IU (31.86%), Vitamin B12: 1.83µg (30.42%), Vitamin B2: 0.42mg (24.65%), Iron: 4.39mg (24.38%), Folate: 83.93µg (20.98%), Magnesium: 78.67mg (19.67%), Manganese: 0.36mg (18.11%), Vitamin B5: 1.8mg (18.04%), Vitamin B1: 0.27mg (17.7%), Copper: 0.3mg (14.94%), Fiber: 3.59g (14.37%), Calcium: 92.47mg (9.25%), Vitamin D: 0.55µg (3.67%)