



HEALTH SCORE

68%

Grilled Steak Salad with Tomato Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1 pound flank steak
- ☐ 0.8 cup basil fresh
- ☐ 1 teaspoon kosher salt plus more
- ☐ 0.3 cup olive oil divided
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 tablespoon shallots minced
- ☐ 4 spring onion halved

- ☐ 8 cups mustard greens mixed (such as mizuna, baby mustard greens, and tatsoi)
- ☐ 6 ounces tomatoes halved

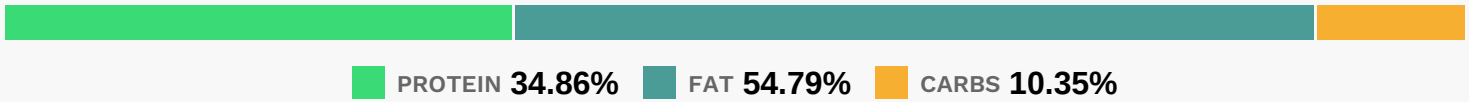
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ cutting board
- ☐ box grater

Directions

- ☐ Season steak with 1 teaspoon salt and pepper;set aside. Grate cut sides of tomato oncoarse holes of a box grater into a mediumbowl down to the skin; discard skin.
- ☐ Addshallot and vinegar; whisk in 1/4 cup oil.Season to taste with salt and pepper. Setaside. DO AHEAD: Tomato vinaigrette canbe made 1 day ahead.
- ☐ Build a medium-hot fire in a charcoal grill,or heat a gas grill to high. Toss spring onionsin a medium bowl with 1 teaspoon oil and seasonwith salt and pepper. Grill onions until justtender, 2-3 minutes per side.
- ☐ Transferto a cutting board and cut into 2" pieces.
- ☐ Grill steak until seared and cooked todesired doneness, 3-5 minutes per sidefor medium-rare, depending on steak'sthickness.
- ☐ Transfer to a cutting board.
- ☐ Let rest, about 10 minutes.
- ☐ Brush bothsides of bread slices with remaining 4 teaspoonsoil and season with salt and pepper. Grillbread until dark golden brown and nicelycharred in spots, about 2 minutes per side.Set toast aside until cool enough to handle,then break toast into roughly 1" pieces.
- ☐ Thinly slice steak against the grain. Tosslettuces, basil, spring onions, croutons,and some of the vinaigrette in a large bowl.Season to taste with salt and pepper.
- ☐ Add steak and toss gently to coat.
- ☐ Servewith remaining vinaigrette alongside.
- ☐ Per serving: 390 calories, 22g fat, 4g fiber

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.86, Inflammation Score:-9, Nutrition Score:22.301739132923%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 12.1mg, Isorhamnetin: 12.1mg, Isorhamnetin: 12.1mg, Isorhamnetin: 12.1mg Kaempferol: 28.73mg, Kaempferol: 28.73mg, Kaempferol: 28.73mg, Kaempferol: 28.73mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg

Nutrients (% of daily need)

Calories: 213.57kcal (10.68%), Fat: 13.19g (20.29%), Saturated Fat: 2.83g (17.69%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 2.54g (0.92%), Sugar: 2.06g (2.29%), Cholesterol: 45.36mg (15.12%), Sodium: 446mg (19.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.88g (37.76%), Vitamin K: 230.39µg (219.42%), Vitamin C: 58.34mg (70.72%), Vitamin A: 2732.7IU (54.65%), Selenium: 23.06µg (32.94%), Vitamin B6: 0.63mg (31.5%), Vitamin B3: 5.55mg (27.73%), Vitamin E: 3.24mg (21.59%), Zinc: 3.2mg (21.3%), Phosphorus: 208.82mg (20.88%), Potassium: 650.67mg (18.59%), Iron: 2.77mg (15.41%), Fiber: 3.06g (12.26%), Magnesium: 47.79mg (11.95%), Calcium: 117.19mg (11.72%), Vitamin B12: 0.69µg (11.47%), Copper: 0.22mg (10.83%), Vitamin B2: 0.18mg (10.8%), Vitamin B1: 0.13mg (8.75%), Folate: 30.78µg (7.7%), Vitamin B5: 0.68mg (6.77%), Manganese: 0.11mg (5.38%)