



Grilled Steak with Charred Tomato Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 basil leaves thinly sliced
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1 teaspoon basil-flavored olive oil
- ☐ 0.5 cup onion red thinly sliced
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 teaspoon salt divided
- ☐ 1 pound rump steak boneless
- ☐ 1 pound tomatoes cored seeded cut in half horizontally, and (2 medium)

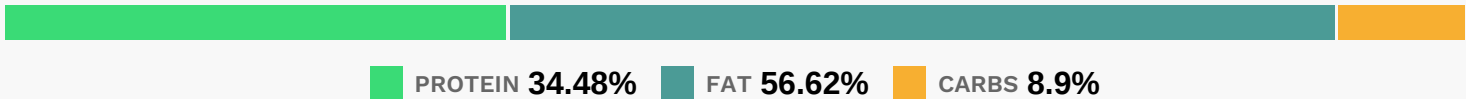
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ grill pan

Directions

- ☐ Place tomato halves, cut sides down, on paper towels.
- ☐ Let stand 30 minutes.
- ☐ Heat a grill pan coated with cooking spray over medium-high heat.
- ☐ Place tomato halves, cut sides down, in pan; grill 5 minutes. Turn tomato halves; grill 1 minute or until the skin is blackened.
- ☐ Remove from pan; cool 5 minutes.
- ☐ Cut tomato halves into 1-inch pieces.
- ☐ Combine tomato, onion, vinegar, oil, 1/8 teaspoon salt, 1/8 teaspoon pepper, and basil.
- ☐ Sprinkle steak with 1/8 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Place steak in pan coated with cooking spray; grill 6 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut the steak diagonally across grain into thin slices.
- ☐ Serve with the tomato salsa.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:1.59, Inflammation Score:-7, Nutrition Score:14.984347872112%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 290.16kcal (14.51%), Fat: 18.06g (27.79%), Saturated Fat: 7g (43.72%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 4.64g (1.69%), Sugar: 3.83g (4.26%), Cholesterol: 63.5mg (21.17%), Sodium: 213.42mg (9.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.75g (49.49%), Vitamin B12: 3.15µg (52.54%), Vitamin B6: 0.55mg (27.35%), Selenium: 18.82µg (26.88%), Zinc: 3.95mg (26.36%), Vitamin B3: 4.82mg (24.1%), Phosphorus: 231.16mg (23.12%), Vitamin C: 17.14mg (20.78%), Vitamin A: 977.34IU (19.55%), Potassium: 653.29mg (18.67%), Iron: 2.68mg (14.9%), Vitamin B2: 0.23mg (13.63%), Vitamin K: 12.34µg (11.75%), Vitamin B1: 0.16mg (10.99%), Manganese: 0.19mg (9.74%), Magnesium: 37.9mg (9.48%), Copper: 0.17mg (8.44%), Folate: 28.04µg (7.01%), Fiber: 1.74g (6.97%), Vitamin E: 0.77mg (5.11%), Vitamin B5: 0.48mg (4.8%), Calcium: 24.68mg (2.47%)