



## Grilled Steak With Tapenade



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 pounds flank steak
- ☐ 0.3 cup parsley fresh roughly chopped
- ☐ 1 clove garlic
- ☐ 1 pint grape tomatoes quartered
- ☐ 0.5 cup kalamata olives pitted
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 optional: lemon halved
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 sprig rosemary
- ☐ 1 medium shallots

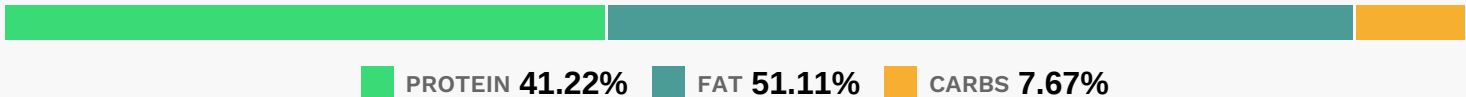
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ grill pan
- ☐ cutting board

## Directions

- ☐ Preheat a grill or grill pan to high. Pulse the olives, shallot, garlic, rosemary, red pepper flakes, 2 tablespoons olive oil and the juice of 1/2 lemon in a food processor; season with salt and pepper.
- ☐ Pierce the steak all over with a fork and season with salt and pepper. Rub 1 heaping tablespoon olive mixture all over the steak, then set aside, about 10 minutes. Meanwhile, toss the remaining olive mixture with the tomatoes, parsley, the remaining 2 tablespoons olive oil and the juice of the remaining 1/2 lemon in a small bowl.
- ☐ Grill the steak until browned on one side, about 7 minutes. Flip and cook about 7 more minutes for medium rare.
- ☐ Transfer the steak to a cutting board and let rest 5 minutes.
- ☐ Cut in half; reserve one half for steak sandwiches (at right). Thinly slice the remaining steak against the grain and top with the olive-tomato tapenade.

## Nutrition Facts



## Properties

Glycemic Index:56.38, Glycemic Load:2.02, Inflammation Score:-8, Nutrition Score:32.757826224617%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 491.05kcal (24.55%), Fat: 27.8g (42.77%), Saturated Fat: 6.96g (43.53%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 6.25g (2.27%), Sugar: 4.42g (4.91%), Cholesterol: 136.08mg (45.36%), Sodium: 589.01mg (25.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.45g (100.9%), Selenium: 67.38µg (96.25%), Vitamin K: 82.12µg (78.21%), Vitamin B6: 1.53mg (76.54%), Vitamin B3: 14.97mg (74.87%), Zinc: 8.99mg (59.94%), Phosphorus: 498.98mg (49.9%), Vitamin C: 36.25mg (43.94%), Vitamin B12: 2.06µg (34.4%), Potassium: 1145.59mg (32.73%), Vitamin A: 1411.71IU (28.23%), Vitamin E: 4mg (26.69%), Iron: 4.48mg (24.91%), Magnesium: 70.54mg (17.64%), Vitamin B2: 0.3mg (17.46%), Vitamin B5: 1.63mg (16.28%), Vitamin B1: 0.23mg (15.35%), Folate: 58.66µg (14.67%), Copper: 0.28mg (14.02%), Fiber: 3.13g (12.5%), Manganese: 0.21mg (10.39%), Calcium: 85.08mg (8.51%)