



Grilled Steak with Tzatziki Salad

READY IN



55 min.

SERVINGS



55

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb beef sirloin steak boneless
- 1 cup knudsen cream sour
- 2 large cucumbers peeled seeded sliced
- 0.3 cup athenos feta cheese crumbled traditional
- 0.3 cup optional: dill fresh chopped
- 5 cloves garlic divided minced
- 0.5 cup a.1. original sauce
- 0.3 cup juice of lemon fresh divided
- 1 Tbsp olive oil

- 1 cup onions thinly sliced
- 6 pita breads whole wheat halved

Equipment

- bowl
- grill
- cutting board

Directions

- Mix A.1., 2 Tbsp. lemon juice, oil and 1 tsp. garlic; pour 1/4 cup over steak in shallow dish. Turn to evenly coat both sides of steak. Refrigerate 30 min. to marinate.
- Heat grill to medium heat.
- Remove steak from marinade; discard marinade. Grill steak 10 to 12 min. or until medium doneness (160F), turning after 6 min. Meanwhile, mix remaining lemon juice, garlic, sour cream and dill in medium bowl.
- Cut cucumber slices in half.
- Add to sour cream mixture with onions and cheese; mix lightly.
- Transfer steak to cutting board; let stand 5 min.
- Cut steak across the grain into thin slices; place in large bowl.
- Drizzle with remaining A.
- mixture.
- Serve in pitas topped with cucumber salad.

Nutrition Facts



Properties

Glycemic Index:2.07, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:2.7478260639245%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 49.81kcal (2.49%), Fat: 1.78g (2.74%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 4.41g (1.6%), Sugar: 1.11g (1.23%), Cholesterol: 10.37mg (3.46%), Sodium: 68.04mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.39%), Selenium: 6.82µg (9.74%), Manganese: 0.13mg (6.34%), Vitamin B6: 0.11mg (5.57%), Vitamin B3: 1mg (4.99%), Phosphorus: 46.2mg (4.62%), Zinc: 0.65mg (4.33%), Vitamin B1: 0.04mg (2.49%), Iron: 0.44mg (2.46%), Potassium: 82.11mg (2.35%), Magnesium: 9.37mg (2.34%), Vitamin B12: 0.14µg (2.28%), Vitamin B2: 0.04mg (2.17%), Fiber: 0.51g (2.03%), Copper: 0.04mg (1.89%), Vitamin B5: 0.18mg (1.84%), Folate: 6.74µg (1.69%), Vitamin C: 1.27mg (1.55%), Calcium: 14.32mg (1.43%), Vitamin K: 1.2µg (1.14%), Vitamin A: 52.9IU (1.06%)