



HEALTH SCORE

69%

Herb-Crusted Flank Steak with Cherry Tomatoes and Olives



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 cups cherry tomatoes halved



3 pound flank steak



0.3 cup basil fresh chopped



2 tablespoons rosemary leaves fresh chopped



1 tablespoon tarragon fresh chopped



2 tablespoons thyme sprigs fresh chopped



2 garlic clove minced

- ☐ 1.5 teaspoons pepper black
- ☐ 0.3 cup kalamata olives black pitted coarsely chopped
- ☐ 0.3 cup oil-cured olives green pitted coarsely chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 cup parsley fresh italian chopped
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons sherry vinegar

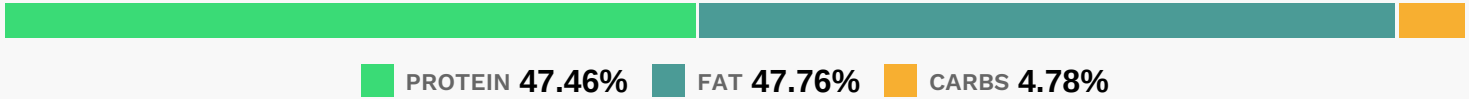
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil
- ☐ cutting board
- ☐ glass baking pan

Directions

- ☐ Mix first 6 ingredients in small bowl.
- ☐ Place steaks in large glass baking dish.
- ☐ Brush steaks with olive oil. Rub with herb mixture. Cover with plastic wrap and refrigerate at least 1 hour and up to 8 hours.
- ☐ Mix all ingredients in large bowl. Season tomatoes to taste with salt and pepper. (Can be made 2 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Prepare barbecue (medium-high heat). Grill steaks until cooked to desired doneness, about 4 minutes per side for medium.
- ☐ Transfer steaks to cutting board. Cover with foil.
- ☐ Let stand 5 minutes.
- ☐ Cut steaks across grain into 1/2-inch-thick slices. Arrange steak slices on large platter. Spoon tomatoes with juices over steaks and serve.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:0.72, Inflammation Score:-10, Nutrition Score:32.810000170832%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 21.62mg, Apigenin: 21.62mg, Apigenin: 21.62mg, Apigenin: 21.62mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 429.72kcal (21.49%), Fat: 22.39g (34.44%), Saturated Fat: 6.25g (39.09%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 3.32g (1.21%), Sugar: 1.4g (1.55%), Cholesterol: 136.08mg (45.36%), Sodium: 1083.92mg (47.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.05g (100.11%), Vitamin K: 178.67µg (170.16%), Selenium: 67.49µg (96.41%), Vitamin B6: 1.48mg (73.89%), Vitamin B3: 14.72mg (73.6%), Zinc: 8.99mg (59.94%), Phosphorus: 488.13mg (48.81%), Vitamin C: 29.61mg (35.89%), Vitamin B12: 2.06µg (34.4%), Iron: 5.51mg (30.61%), Potassium: 1011.47mg (28.9%), Vitamin A: 1364.41IU (27.29%), Vitamin B2: 0.31mg (18.39%), Vitamin E: 2.75mg (18.33%), Magnesium: 70.96mg (17.74%), Manganese: 0.33mg (16.44%), Vitamin B5: 1.57mg (15.65%), Folate: 57.25µg (14.31%), Copper: 0.27mg (13.43%), Vitamin B1: 0.2mg (13.29%), Calcium: 104.26mg (10.43%), Fiber: 1.72g (6.88%)