



Panzanella Salad with Bison Flank Steak

READY IN



48 min.

SERVINGS



6

CALORIES



297 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 cup cucumber seeded chopped
- ☐ 1 pound bison flank steak
- ☐ 4 ounces bread dried french
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 cup mozzarella cheese fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 3 tablespoons olive oil
- ☐ 1 cup onion red thinly sliced

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons citrus champagne vinegar
- ☐ 2 cups tomatoes red yellow seeded coarsely chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Place bread pieces in a shallow baking pan.
- ☐ Drizzle with the 2 tablespoons oil; toss gently to coat.
- ☐ Bake for 5 minutes or until toasted, stirring once or twice. Cool slightly; transfer to a very large bowl.
- ☐ Combine mozzarella cheese, tomatoes, cucumber, onion, and basil in a large bowl; set aside.
- ☐ For dressing, whisk together vinegar, the 3 tablespoons oil, the garlic, the 1/2 teaspoon salt, and the 1/4 teaspoon pepper in a small bowl.
- ☐ Pour dressing over the tomato mixture; toss to coat. Spoon the tomato mixture over the bread; toss to coat.
- ☐ Let stand for 15 minutes to allow the flavors to blend.
- ☐ Serve with Grilled Bison Flank Steak.
- ☐ Sprinkle bison flank steak with the 1 teaspoon salt and the 1/4 teaspoon pepper. For gas or charcoal grill, place steak on the rack of an uncovered grill directly over medium-high heat. Grill for 8 to 10 minutes or until desired doneness. Cover bison flank steak with foil and let stand for 5 minutes. Thinly slice steak across the grain.

Nutrition Facts



 **PROTEIN 31.77%**  **FAT 47.67%**  **CARBS 20.56%**

Properties

Glycemic Index:46.92, Glycemic Load:8.42, Inflammation Score:-5, Nutrition Score:14.92434764945%

Flavonoids

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: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 297.21kcal (14.86%), Fat: 15.61g (24.01%), Saturated Fat: 5.12g (32.01%), Carbohydrates: 15.15g (5.05%), Net Carbohydrates: 13.73g (4.99%), Sugar: 2.52g (2.8%), Cholesterol: 60.11mg (20.04%), Sodium: 477.9mg (20.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.4g (46.81%), Selenium: 31.44µg (44.92%), Vitamin B3: 6.25mg (31.23%), Vitamin B6: 0.57mg (28.73%), Phosphorus: 271.41mg (27.14%), Zinc: 3.88mg (25.88%), Vitamin B12: 1.11µg (18.56%), Vitamin B1: 0.24mg (15.72%), Vitamin B2: 0.26mg (15.16%), Folate: 57.41µg (14.35%), Potassium: 496.25mg (14.18%), Calcium: 140.2mg (14.02%), Iron: 2.46mg (13.69%), Manganese: 0.27mg (13.44%), Vitamin K: 13.01µg (12.39%), Magnesium: 38.9mg (9.73%), Vitamin C: 7.6mg (9.21%), Vitamin E: 1.33mg (8.84%), Copper: 0.17mg (8.5%), Vitamin B5: 0.71mg (7.15%), Fiber: 1.41g (5.65%), Vitamin A: 213.38IU (4.27%)