



Paprika Flank Steak with Watercress

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces danish cheese smoked blue crumbled
- 4 servings salt and coarse pepper black
- 2 pound flank steak room temperature
- 1 teaspoon sea salt
- 1 teaspoon granulated onion
- 1 juice of lemon juiced
- 1 tablespoon olive oil plus more for drizzling
- 1 bunch scallions trimmed

- 2 teaspoons paprika smoked sweet
- 2 bunches watercress trimmed

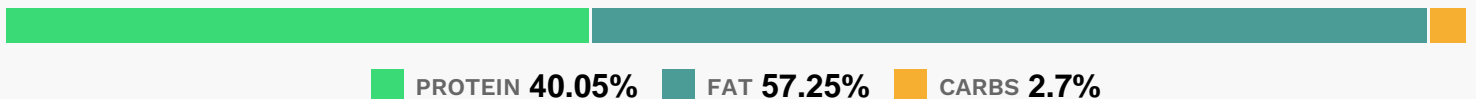
Equipment

- frying pan
- grill

Directions

- Preheat the griddle pan to medium-high.
- Coat the steak in oil and rub with the paprika, garlic, onion and some salt and pepper. Dress the scallions with a little oil as well, and season with salt and pepper.
- Grill the steak about 12 minutes, turning once. While the meat rests, grill the scallions until marked.
- Dress the cress with the lemon juice and 1 tablespoon of olive oil, and then season with salt and pepper.
- Slice the steak against the grain, 1/4-inch thick. Fan the steak on a plate and top with the grilled scallions, cress and the crumbled blue cheese.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.74, Inflammation Score:-8, Nutrition Score:35.610000019488%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 700.6kcal (35.03%), Fat: 43.94g (67.6%), Saturated Fat: 21.55g (134.68%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 3.94g (1.43%), Sugar: 0.79g (0.88%), Cholesterol: 221.13mg (73.71%), Sodium: 877.93mg

(38.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 69.16g (138.32%), Selenium: 91.44µg (130.63%), Phosphorus: 865.83mg (86.58%), Zinc: 11.94mg (79.57%), Vitamin B6: 1.49mg (74.57%), Vitamin B3: 14.34mg (71.69%), Calcium: 673.65mg (67.36%), Vitamin B12: 2.97µg (49.42%), Vitamin K: 51.37µg (48.92%), Vitamin B2: 0.67mg (39.44%), Vitamin A: 1803.87IU (36.08%), Potassium: 941.14mg (26.89%), Iron: 4.04mg (22.46%), Magnesium: 80.06mg (20.02%), Vitamin B5: 1.87mg (18.67%), Vitamin E: 2.27mg (15.11%), Vitamin B1: 0.21mg (14.21%), Folate: 54.97µg (13.74%), Vitamin C: 9.54mg (11.56%), Copper: 0.22mg (11.18%), Manganese: 0.1mg (5.23%), Vitamin D: 0.51µg (3.4%), Fiber: 0.73g (2.93%)