



Portobello and Flank Steak over Greens



Gluten Free



Dairy Free

READY IN



39 min.

SERVINGS



6

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup cherry tomatoes halved
- ☐ 1.5 pound flank steak trimmed
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 6 cups salad greens mixed
- ☐ 0.3 cup olive oil

- ☐ 6 large portobello mushroom caps
- ☐ 1 large onion red cut into 1/2-inch-thick slices
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a small bowl, stirring with a whisk until blended.
- ☐ Combine steak, mushrooms, and onion in a large zip-top plastic bag.
- ☐ Add 1/2 cup vinegar mixture to bag; seal. Marinate in refrigerator 2 1/2 hours, turning occasionally. Reserve remaining 6 tablespoons vinegar mixture.
- ☐ . Prepare grill.
- ☐ Remove steak and onion from bag, and place on grill rack coated with cooking spray. Grill 6 to 8 minutes on each side or until steak is desired degree of doneness and onion is tender.
- ☐ Remove mushrooms from bag; discard marinade.
- ☐ Place mushrooms on grill rack; grill 4 to 5 minutes on each side or until tender.
- ☐ Cut mushrooms into 1/2-inch-thick slices.
- ☐ Let steak stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ . Chop onion; combine onion and mushrooms in a medium bowl.
- ☐ Combine mixed greens and tomatoes, and arrange evenly on plates. Top evenly with mushroom mixture. Arrange steak evenly over mushroom mixture; drizzle each serving evenly with reserved vinegar mixture.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 34.14%**  **FAT 50.98%**  **CARBS 14.88%**

Properties

Glycemic Index:23.17, Glycemic Load:2.3, Inflammation Score:-6, Nutrition Score:20.443043340807%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 320.91kcal (16.05%), Fat: 18.05g (27.77%), Saturated Fat: 4.08g (25.48%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 10.21g (3.71%), Sugar: 6.97g (7.74%), Cholesterol: 68.04mg (22.68%), Sodium: 317.48mg (13.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.2g (54.39%), Selenium: 49.62µg (70.88%), Vitamin B3: 11.24mg (56.19%), Vitamin B6: 0.9mg (44.84%), Phosphorus: 355.18mg (35.52%), Zinc: 4.97mg (33.16%), Potassium: 895mg (25.57%), Vitamin C: 16.98mg (20.58%), Copper: 0.39mg (19.27%), Vitamin B12: 1.07µg (17.9%), Vitamin B5: 1.78mg (17.83%), Vitamin B2: 0.28mg (16.18%), Iron: 2.87mg (15.95%), Folate: 60.06µg (15.01%), Vitamin E: 2.22mg (14.81%), Manganese: 0.25mg (12.26%), Vitamin A: 579.44IU (11.59%), Vitamin B1: 0.16mg (10.98%), Magnesium: 36.87mg (9.22%), Vitamin K: 9.67µg (9.21%), Fiber: 1.64g (6.56%), Calcium: 50.04mg (5%), Vitamin D: 0.25µg (1.68%)