



Rosemary Flank Steak with Fig Salsa

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb flank steak
- ☐ 3 cups figs fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 2 garlic clove minced
- ☐ 3 ounces gorgonzola crumbled
- ☐ 1 spring onion minced
- ☐ 0.8 teaspoon kosher salt

- ☐ 3 tablespoons olive oil divided
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 2 tablespoons seasoned rice vinegar

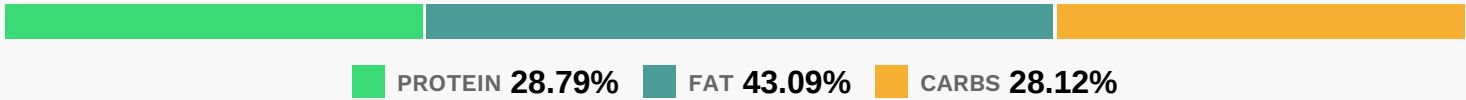
Equipment

- ☐ grill

Directions

- ☐ Stir together first 4 ingredients and 1 Tbsp. olive oil. Rub onto steak; cover and chill 30 minutes to 4 hours.
- ☐ Preheat grill to 400 to 450 (high) heat. Toss together figs, next 3 ingredients, and remaining 2 Tbsp. oil.
- ☐ Add salt and pepper to taste.
- ☐ Grill steak, covered with grill lid, 5 minutes on each side or to desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut steak diagonally across the grain into thin strips, and arrange on a serving platter. Spoon fig salsa over steak, and sprinkle with Gorgonzola.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:12.01, Inflammation Score:-5, Nutrition Score:16.438260833854%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 333.34kcal (16.67%), Fat: 16.19g (24.91%), Saturated Fat: 5.66g (35.39%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 20.15g (7.33%), Sugar: 19.42g (21.58%), Cholesterol: 67.33mg (22.44%), Sodium: 506.57mg (22.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.34g (48.68%), Selenium: 30.36µg (43.37%), Vitamin B6: 0.75mg (37.27%), Vitamin K: 37.54µg (35.76%), Vitamin B3: 6.54mg (32.71%), Zinc: 4.21mg (28.09%), Phosphorus: 266.04mg (26.6%), Potassium: 654.56mg (18.7%), Vitamin B12: 1.03µg (17.21%), Fiber: 3.64g (14.55%), Calcium: 143.55mg (14.35%), Vitamin B2: 0.23mg (13.34%), Vitamin B5: 1.21mg (12.13%), Iron: 2.15mg (11.93%), Magnesium: 46.13mg (11.53%), Manganese: 0.21mg (10.66%), Vitamin B1: 0.15mg (9.84%), Vitamin E: 1.47mg (9.81%), Copper: 0.17mg (8.39%), Vitamin A: 419.14IU (8.38%), Folate: 28.21µg (7.05%), Vitamin C: 4.9mg (5.94%)