

Shiitake Steak

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 pound flank steak (1/)
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon olive oil
- ☐ 1 teaspoon cracked pepper black
- ☐ 1 tablespoon pimento diced drained
- ☐ 0.3 teaspoon salt

☐ 0.5 pound mushroom caps

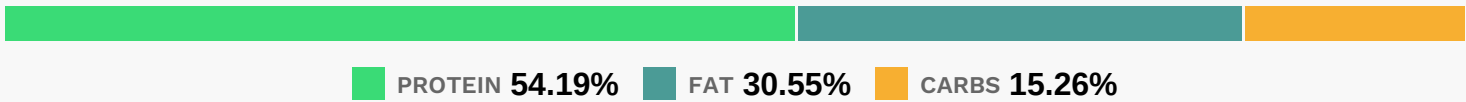
Equipment

- ☐ frying pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Press pepper into both sides of steak.
- ☐ Place steak on a broiler pan coated with cooking spray. Broil 8 minutes on each side or until steak is done.
- ☐ Remove and discard stems from mushrooms.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add mushroom caps and green onions, and cook 3 minutes, stirring frequently.
- ☐ Add pimento, garlic, vinegar, and salt. Cook 1 minute.
- ☐ Cut steak diagonally across grain into thin slices. Spoon mushroom mixture over steak.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:2.12, Inflammation Score:-4, Nutrition Score:16.388260872468%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 195.7kcal (9.79%), Fat: 6.5g (10%), Saturated Fat: 2.43g (15.21%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 5.44g (1.98%), Sugar: 3.47g (3.86%), Cholesterol: 68.04mg (22.68%), Sodium: 215.51mg (9.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.93g (51.87%), Selenium: 36.87µg (52.68%), Vitamin B3:

9.34mg (46.71%), Vitamin B6: 0.88mg (43.89%), Zinc: 4.99mg (33.29%), Phosphorus: 300.66mg (30.07%), Vitamin K: 20.13µg (19.17%), Potassium: 612.42mg (17.5%), Vitamin B12: 1.03µg (17.2%), Vitamin B5: 1.58mg (15.83%), Vitamin B2: 0.26mg (15.56%), Iron: 2.33mg (12.95%), Manganese: 0.25mg (12.6%), Magnesium: 40.7mg (10.18%), Copper: 0.18mg (9.23%), Fiber: 1.86g (7.45%), Folate: 27.82µg (6.95%), Vitamin C: 5.7mg (6.91%), Vitamin B1: 0.1mg (6.5%), Calcium: 38.12mg (3.81%), Vitamin A: 185.45IU (3.71%), Vitamin E: 0.48mg (3.23%), Vitamin D: 0.23µg (1.51%)