



Skirt Steak with Haricots Verts, Corn, and Pesto



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup basil pesto prepared
- ☐ 0.3 teaspoon pepper black
- ☐ 1 ear corn
- ☐ 0.8 lb haricots verts trimmed
- ☐ 1.5 tablespoons olive oil
- ☐ 0.8 teaspoon salt
- ☐ 1.5 lb skirt steak

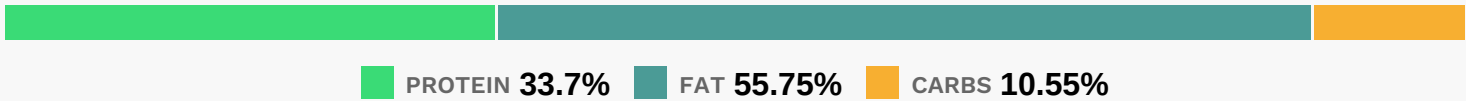
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander
- ☐ cutting board

Directions

- ☐ Pat steak dry and cut into 4 pieces, then sprinkle all over with salt and pepper.
- ☐ Heat 1/2 tablespoon oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté corn, stirring, until just starting to brown, 1 to 2 minutes.
- ☐ Transfer to a large bowl.
- ☐ Add remaining tablespoon oil to skillet and sauté steaks, in batches if necessary, turning over once, 3 to 5 minutes per batch for thin pieces and 5 to 7 minutes per batch for thicker pieces (for medium-rare).
- ☐ Transfer steaks to a cutting board and let stand 5 minutes before slicing.
- ☐ While steaks rest, cook haricots verts in a large pot of well-salted boiling water, uncovered, until just tender, about 4 minutes, and drain well in a colander.
- ☐ Add beans to corn then add pesto, stirring to coat.
- ☐ Serve corn and beans topped with sliced steak.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.69, Inflammation Score:-8, Nutrition Score:25.999130451161%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg

Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 472.66kcal (23.63%), Fat: 29.82g (45.88%), Saturated Fat: 7.53g (47.06%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 9.42g (3.43%), Sugar: 5.17g (5.75%), Cholesterol: 109.64mg (36.55%), Sodium: 846.75mg (36.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.55g (81.1%), Zinc: 11.26mg (75.1%), Vitamin B12: 3.62µg (60.38%), Selenium: 38.07µg (54.39%), Vitamin B3: 10.68mg (53.38%), Vitamin B6: 0.88mg (44.06%), Vitamin K: 42.56µg (40.53%), Vitamin B2: 0.65mg (37.96%), Phosphorus: 314.49mg (31.45%), Vitamin A: 1268.16IU (25.36%), Iron: 4.21mg (23.4%), Potassium: 738.69mg (21.11%), Manganese: 0.38mg (18.93%), Magnesium: 67.23mg (16.81%), Vitamin C: 11.91mg (14.43%), Vitamin B1: 0.21mg (13.79%), Vitamin B5: 1.34mg (13.41%), Fiber: 3.27g (13.1%), Copper: 0.21mg (10.7%), Folate: 42.64µg (10.66%), Calcium: 92.91mg (9.29%), Vitamin E: 1.29mg (8.61%), Vitamin D: 0.17µg (1.13%)