



Sourdough Panzanella with Grilled Flank Steak

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 10 ounce cucumber peeled halved lengthwise thinly sliced ()
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 1 pound flank steak trimmed
- ☐ 0.3 cup basil leaves fresh thinly sliced
- ☐ 0.5 teaspoon hot sauce

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.5 cup thinly onion red vertically sliced
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots minced
- ☐ 5 cups sourdough bread cubed toasted () (8 ounces)
- ☐ 2 medium tomatoes cut into 8 wedges (1 pound)

Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ To prepare beef, combine first 6 ingredients in a zip-top plastic bag.
- ☐ Add 1 tablespoon red wine vinegar; seal bag. Marinate in refrigerator 2 hours.
- ☐ To prepare salad, combine 1 tablespoon red wine vinegar, onion, and next 6 ingredients (onion through cucumber) in a large bowl. Cover and let stand at room temperature 2 hours, stirring occasionally.
- ☐ Prepare grill.
- ☐ Remove steak from bag, discarding marinade.
- ☐ Place the steak on grill rack coated with cooking spray; grill 5 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Add bread and basil to cucumber mixture; toss well.
- ☐ Serve salad immediately with steak.

Nutrition Facts



Properties

Glycemic Index:85.63, Glycemic Load:16.17, Inflammation Score:-8, Nutrition Score:21.859999926194%

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: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 318.07kcal (15.9%), Fat: 8.86g (13.63%), Saturated Fat: 2.86g (17.89%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 25.31g (9.2%), Sugar: 7.07g (7.85%), Cholesterol: 68.04mg (22.68%), Sodium: 871.28mg (37.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.49g (60.98%), Selenium: 43.88µg (62.68%), Vitamin B3: 9.32mg (46.59%), Vitamin B6: 0.91mg (45.25%), Zinc: 5.12mg (34.16%), Phosphorus: 326.69mg (32.67%), Vitamin B1: 0.4mg (26.64%), Manganese: 0.48mg (23.91%), Folate: 92.54µg (23.14%), Potassium: 799.58mg (22.84%), Iron: 4.06mg (22.57%), Vitamin K: 23.63µg (22.5%), Vitamin C: 17.07mg (20.7%), Vitamin B2: 0.34mg (20.04%), Vitamin B12: 1.03µg (17.2%), Magnesium: 64.92mg (16.23%), Vitamin A: 676.51IU (13.53%), Copper: 0.26mg (13.04%), Fiber: 3.01g (12.03%), Vitamin B5: 1.17mg (11.66%), Calcium: 79.01mg (7.9%), Vitamin E: 1.12mg (7.5%)