



Steak and Potatoes

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



50

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup classic balsamic vinaigrette dressing made with extra virgin olive oil kraft
- 1 lb beef flank steak
- 1 Tbsp canola oil
- 0.5 lb green beans fresh trimmed cut into 2-inch lengths
- 1 clove garlic minced
- 2 Tbsp pancake syrup
- 1 lb sweet potatoes

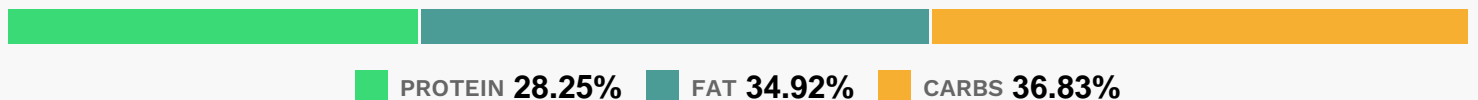
Equipment

- bowl
- knife
- whisk
- grill
- aluminum foil
- microwave

Directions

- Whisk first 4 ingredients until well blended.
- Pour 1/4 cup over steak in shallow dish; turn to coat both sides of steak. Refrigerate 20 min. to marinate, turning occasionally.
- Meanwhile, heat grill to medium-high heat. Prick potatoes in several places with fork or sharp knife; microwave on HIGH 4 min.
- Let stand 2 min.; cut into 1/4-inch-thick slices.
- Place in medium bowl.
- Add remaining dressing mixture; toss to coat.
- Place on center of large sheet heavy-duty foil. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside.
- Remove steak from marinade; discard marinade. Grill steak and foil packet 10 min. or until potatoes are tender and steak is medium doneness (160F), turning steak after 5 min.
- Remove both from grill. Cover steak; let stand 5 min. Meanwhile, cook beans.
- Cut steak diagonally across the grain into thin slices.
- Serve with potatoes and beans.

Nutrition Facts



Properties

Glycemic Index:2.68, Glycemic Load:1, Inflammation Score:-7, Nutrition Score:2.7326086604077%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 30.9kcal (1.54%), Fat: 1.19g (1.84%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.44g (0.89%), Sugar: 0.57g (0.63%), Cholesterol: 5.48mg (1.83%), Sodium: 21.48mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.35%), Vitamin A: 1318.81IU (26.38%), Vitamin B6: 0.08mg (4.05%), Selenium: 2.77µg (3.96%), Vitamin B3: 0.65mg (3.25%), Zinc: 0.39mg (2.58%), Phosphorus: 24.48mg (2.45%), Vitamin K: 2.42µg (2.31%), Potassium: 71.34mg (2.04%), Manganese: 0.04mg (1.79%), Fiber: 0.4g (1.58%), Vitamin B5: 0.14mg (1.4%), Vitamin B12: 0.08µg (1.38%), Magnesium: 5.43mg (1.36%), Iron: 0.24mg (1.35%), Copper: 0.03mg (1.27%), Vitamin B2: 0.02mg (1.22%), Vitamin B1: 0.02mg (1.17%)