



## Steak and Tabbouleh Salad

 Dairy Free  Very Healthy

READY IN



305 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 ounce baby arugula
- 0.5 cup bulgur wheat
- 0.5 cucumber seedless chopped
- 1.5 pounds flank steak
- 2 cloves garlic smashed
- 0.3 cup kalamata olives pitted halved
- 6 servings kosher salt and pepper black freshly ground
- 4 teaspoons olive oil

- 0.5 cup parsley leaves whole
- 1 medium onion red thick cut into 6 slices
- 3 tablespoons red wine vinegar
- 1 teaspoon worcestershire sauce

## Equipment

- grill
- aluminum foil
- ziploc bags
- grill pan

## Directions

- Pierce the steak with a fork about 12 times and place in a resealable plastic bag with 2 tablespoons of the vinegar, 1 teaspoon of the olive oil, Worcestershire, garlic, 1/4 teaspoon salt and 1/4 teaspoon pepper. Seal the bag, shake to coat the meat and marinate for at least 4 hours or up until the day before cooking.
- Cook the bulgur according to package directions, draining off any excess water, and cool to room temperature. Toss with the cucumber, parsley, olives and 1/2 of the baby arugula.
- Drizzle with the remaining 1 tablespoon vinegar and 1 tablespoon oil. Season with salt and pepper and set aside.
- Remove the steak from the marinade and pat dry. Season with 1/4 teaspoon salt. Prepare a grill for direct and indirect heat or heat a grill pan over medium-high and medium-low heat. Mist both sides of the onion slices with nonstick cooking spray and sprinkle with salt and pepper.
- Place the onions on the indirect-heat part of the grill and the meat on the direct-heat part of the grill. Grill the onions, turning occasionally, until tender, about 15 minutes. Grill the meat, turning once, until the internal temperature registers 125 degrees F, 8 to 10 minutes per side.
- Let the steak rest, tented with foil, 15 minutes and then thinly slice against the grain.
- Divide the remaining arugula among 6 dinner plates and top with the bulgur salad, 1 grilled onion round, and the sliced steak.

## Nutrition Facts



■ PROTEIN **43.43%** ■ FAT **34.72%** ■ CARBS **21.85%**

## Properties

Glycemic Index:33.33, Glycemic Load:3.87, Inflammation Score:-8, Nutrition Score:22.236956762231%

## Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg Kaempferol: 10.12mg, Kaempferol: 10.12mg, Kaempferol: 10.12mg, Kaempferol: 10.12mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

## Nutrients (% of daily need)

Calories: 250.89kcal (12.54%), Fat: 9.63g (14.82%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 13.65g (4.55%), Net Carbohydrates: 10.22g (3.72%), Sugar: 2.01g (2.23%), Cholesterol: 68.04mg (22.68%), Sodium: 175.37mg (7.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.11g (54.23%), Vitamin K: 120.53µg (114.79%), Selenium: 34.18µg (48.83%), Vitamin B6: 0.8mg (39.88%), Vitamin B3: 7.88mg (39.42%), Zinc: 4.86mg (32.37%), Phosphorus: 296.14mg (29.61%), Manganese: 0.54mg (27.17%), Vitamin A: 1145.13IU (22.9%), Potassium: 649mg (18.54%), Vitamin B12: 1.03µg (17.2%), Iron: 3.02mg (16.79%), Magnesium: 66.46mg (16.61%), Vitamin C: 13.44mg (16.29%), Folate: 58.52µg (14.63%), Fiber: 3.42g (13.69%), Vitamin B2: 0.19mg (11.13%), Vitamin B5: 1.08mg (10.76%), Vitamin B1: 0.14mg (9.64%), Calcium: 95.1mg (9.51%), Copper: 0.18mg (9.1%), Vitamin E: 1.11mg (7.38%)