



Steak Crostini with Avocado-Horseradish Mayonnaise

READY IN



25 min.

SERVINGS



12

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado ripe peeled seeded
- 6 inch diagonally baguette french toasted cut
- 0.5 teaspoon pepper black freshly ground
- 3 tablespoons mayonnaise fat-free
- 0.5 pound flank steak
- 1 garlic clove crushed
- 0.8 teaspoon kosher salt divided
- 1 teaspoon juice of lime

- 0.5 teaspoon oregano dried
- 0.8 teaspoon wasabi (Japanese horseradish)

Equipment

- food processor
- bowl
- grill

Directions

- Combine dried oregano, 1/2 teaspoon salt, and pepper in a small bowl; rub evenly over flank steak.
- Let stand 30 minutes.
- Combine avocado and next 3 ingredients in a food processor; process until smooth.
- Add remaining 1/4 teaspoon salt and mayonnaise; pulse until blended.
- Prepare grill.
- Place steak on grill rack coated with cooking spray; cover and grill 8 to 10 minutes or until desired degree of doneness, turning occasionally.
- Remove steak from grill, and let stand 5 minutes.
- Cut steak diagonally across grain into thin slices.
- Place steak slices on toasted baguette pieces; top each with 2 teaspoons avocado spread. Reserve remaining spread for another use.
- Garnish with oregano sprigs, if desired.

Nutrition Facts

 **PROTEIN 29.59%**  **FAT 51.9%**  **CARBS 18.51%**

Properties

Glycemic Index:17.81, Glycemic Load:0.59, Inflammation Score:-2, Nutrition Score:3.5891304119774%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 59.98kcal (3%), Fat: 3.55g (5.46%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.57g (0.63%), Cholesterol: 11.65mg (3.88%), Sodium: 193.36mg (8.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Selenium: 5.92µg (8.46%), Vitamin B6: 0.16mg (8.17%), Vitamin B3: 1.53mg (7.67%), Zinc: 0.85mg (5.68%), Fiber: 1.29g (5.16%), Vitamin K: 5.31µg (5.06%), Phosphorus: 49.06mg (4.91%), Folate: 17.82µg (4.46%), Potassium: 153.42mg (4.38%), Vitamin B5: 0.36mg (3.61%), Vitamin B2: 0.05mg (2.89%), Vitamin B12: 0.17µg (2.87%), Vitamin E: 0.42mg (2.83%), Iron: 0.48mg (2.65%), Manganese: 0.05mg (2.62%), Copper: 0.05mg (2.53%), Magnesium: 9.97mg (2.49%), Vitamin C: 1.96mg (2.37%), Vitamin B1: 0.03mg (2.21%)