



HEALTH SCORE

98%

Steak supper for two or more



Gluten Free



Dairy Free



Very Healthy

READY IN



160 min.

SERVINGS



2

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 300 g fat-trimmed beef flank steak trimmed of fat
- ☐ 2 garlic clove crushed
- ☐ 1 onion thinly sliced
- ☐ 4 tomatoes thinly sliced
- ☐ 2 large potatoes peeled thinly sliced

Equipment

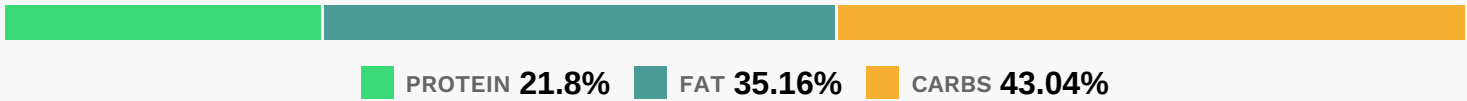
- ☐ oven

- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Drizzle half the oil into a small casserole or pie dish and rub all over, then place one steak inside. Scatter over some of the garlic, followed by a layer of onion and tomatoes, then a layer of potatoes on top. Season, then repeat the layers, finishing with the potato.
- ☐ Drizzle with the remaining oil and then cover the casserole with a tightly fitting lid or cover the pie dish with a double layer of foil.
- ☐ Transfer to the oven for 2 hrs.
- ☐ Remove the lid or foil, turn the oven up to 220C/fan 200C/gas 7 and cook for 30 mins more until the top is golden brown.
- ☐ Serve with some green vegetables.

Nutrition Facts



Properties

Glycemic Index:89.38, Glycemic Load:51.12, Inflammation Score:-10, Nutrition Score:41.793043509774%

Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 728.76kcal (36.44%), Fat: 29.1g (44.78%), Saturated Fat: 10.59g (66.2%), Carbohydrates: 80.16g (26.72%), Net Carbohydrates: 68.1g (24.76%), Sugar: 11.71g (13.01%), Cholesterol: 91.5mg (30.5%), Sodium: 115.29mg (5.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.59g (81.19%), Vitamin C: 111.4mg (135.03%), Vitamin B6: 1.99mg (99.35%), Potassium: 2630.91mg (75.17%), Vitamin B3: 12.78mg (63.9%), Zinc: 9.31mg (62.08%), Selenium: 38.41µg (54.87%), Phosphorus: 505.91mg (50.59%), Manganese: 0.97mg (48.31%), Fiber: 12.07g (48.27%), Vitamin A: 2080.43IU (41.61%), Vitamin B12: 2.49µg (41.5%), Magnesium: 149.68mg (37.42%), Vitamin B1: 0.55mg (36.63%),

Iron: 6.33mg (35.16%), Copper: 0.69mg (34.55%), Vitamin B2: 0.54mg (31.85%), Vitamin K: 33.18µg (31.6%), Folate: 110.98µg (27.75%), Vitamin E: 2.39mg (15.91%), Vitamin B5: 1.4mg (13.97%), Calcium: 97.53mg (9.75%)