



Steak with Chickpeas, Tomatoes, and Feta

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce chickpeas drained and rinsed canned
- ☐ 4 ounces feta crumbled
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 4 servings kosher salt and pepper
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 4 plum tomatoes sliced into half-moons
- ☐ 2 strip steaks 1-inch-thick

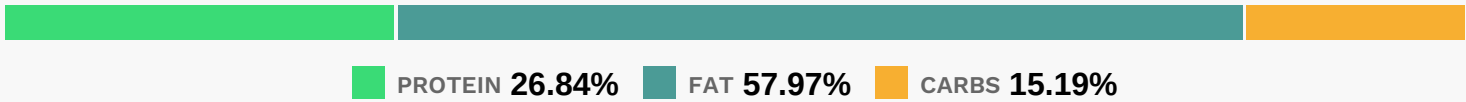
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season the steaks with 1/2 teaspoon each salt and pepper. Cook to the desired doneness, 4 to 6 minutes per side for medium-rare.
- ☐ Remove from the skillet and let rest for at least 5 minutes before slicing. Wipe out the skillet and heat the remaining tablespoon of oil over medium-high heat. Pat the chickpeas dry with paper towels and add them to the skillet. Cook, stirring occasionally, until slightly crispy, 3 to 5 minutes. Stir in the tomatoes, cilantro, lemon juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Transfer to plates and sprinkle with the Feta.
- ☐ Serve with the steak.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:4.83, Inflammation Score:-7, Nutrition Score:23.680869568949%

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: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 478.87kcal (23.94%), Fat: 31.3g (48.15%), Saturated Fat: 12.08g (75.51%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 12.94g (4.71%), Sugar: 1.84g (2.04%), Cholesterol: 94.16mg (31.39%), Sodium: 875.51mg (38.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.61g (65.21%), Vitamin B6: 1.13mg (56.5%), Zinc:

7.47mg (49.78%), Selenium: 33.98µg (48.54%), Manganese: 0.96mg (47.91%), Vitamin B12: 2.35µg (39.25%), Phosphorus: 359.75mg (35.97%), Vitamin B2: 0.54mg (31.85%), Vitamin B3: 6.35mg (31.74%), Fiber: 5.5g (22%), Iron: 3.69mg (20.47%), Calcium: 193.06mg (19.31%), Potassium: 638.7mg (18.25%), Vitamin K: 17.52µg (16.68%), Magnesium: 65.62mg (16.4%), Vitamin A: 804.4IU (16.09%), Copper: 0.3mg (15.11%), Vitamin C: 12.04mg (14.6%), Vitamin B1: 0.2mg (13.55%), Folate: 51.08µg (12.77%), Vitamin E: 1.46mg (9.7%), Vitamin B5: 0.67mg (6.68%), Vitamin D: 0.23µg (1.51%)