



Steak with Cucumber-Radish Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black divided
- ☐ 1 ounce cheese blue crumbled
- ☐ 1 cucumber english peeled halved lengthwise cut into 1/4-inch-thick slices
- ☐ 1 pound flank steak trimmed
- ☐ 5 ounce prewashed mâche (8 cups)
- ☐ 2 teaspoons olive oil extra-virgin divided
- ☐ 1.5 cups radishes thinly sliced
- ☐ 3 tablespoons red wine vinegar divided

☐ 0.6 teaspoon salt divided

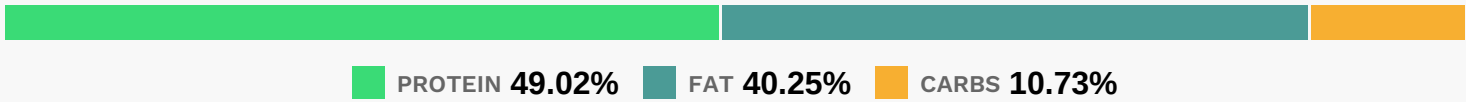
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat.
- ☐ Combine 1 tablespoon vinegar, 1 teaspoon oil, 1/2 teaspoon pepper, and 3/8 teaspoon salt; rub evenly over surface of steak. Coat grill pan with cooking spray.
- ☐ Add steak to pan, and cook for 5 minutes on each side or until desired degree of doneness.
- ☐ Remove steak from pan, and let stand 5 minutes.
- ☐ Cut the steak diagonally across the grain into thin slices.
- ☐ While steak cooks, combine remaining 2 tablespoons red wine vinegar, remaining 1 teaspoon oil, remaining 1/2 teaspoon pepper, remaining 1/4 teaspoon salt, radishes, and cucumber in a large bowl, and toss well to coat.
- ☐ Add mche; toss gently to combine.
- ☐ Serve the steak with salad.
- ☐ Sprinkle evenly with cheese.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.36, Inflammation Score:-9, Nutrition Score:19.444347723023%

Flavonoids

Pelargonidin: 27.46mg, Pelargonidin: 27.46mg, Pelargonidin: 27.46mg, Pelargonidin: 27.46mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 227.1kcal (11.35%), Fat: 9.99g (15.37%), Saturated Fat: 4g (25.01%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 4.8g (1.74%), Sugar: 2.1g (2.33%), Cholesterol: 73.35mg (24.45%), Sodium: 525.88mg (22.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.37g (54.73%), Vitamin A: 2651.79IU (53.04%), Selenium: 35.31µg (50.44%), Vitamin B6: 0.86mg (42.85%), Vitamin B3: 7.47mg (37.35%), Zinc: 5.02mg (33.49%), Phosphorus: 303.66mg (30.37%), Vitamin C: 22.13mg (26.83%), Potassium: 790.22mg (22.58%), Vitamin B12: 1.12µg (18.64%), Iron: 3.01mg (16.73%), Vitamin K: 16.42µg (15.64%), Manganese: 0.3mg (14.97%), Vitamin B2: 0.23mg (13.58%), Magnesium: 46.6mg (11.65%), Vitamin B5: 1.12mg (11.25%), Calcium: 100.71mg (10.07%), Copper: 0.19mg (9.68%), Folate: 38.46µg (9.62%), Vitamin B1: 0.13mg (8.99%), Fiber: 1.2g (4.79%), Vitamin E: 0.66mg (4.42%)