



Steak with Lemon-Herb Pesto and Spinach Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups baby spinach
- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 1 pound flank steak trimmed
- ☐ 0.5 cup flat-leaf parsley leaves fresh
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 5 garlic cloves divided

- ☐ 5 teaspoons juice of lemon fresh divided
- ☐ 0.5 teaspoon lemon rind
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 0.5 cup onion red vertically sliced
- ☐ 0.6 teaspoon salt divided

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Combine parsley, cilantro, 2 tablespoons oil, lemon rind, 1 tablespoon lemon juice, 1/4 teaspoon salt, 1/4 teaspoon pepper, and 4 garlic cloves in a mini food processor; process until finely chopped.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle steak with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Add steak to pan; cook 5 minutes on each side or until desired degree of doneness.
- ☐ Let steak stand 5 minutes. Thinly slice steak across the grain.
- ☐ Mince remaining 1 garlic clove.
- ☐ Combine minced garlic, remaining 1 tablespoon extra-virgin olive oil, remaining 2 teaspoons lemon juice, Dijon mustard, remaining 1/4 teaspoon freshly ground black pepper, and remaining 1/8 teaspoon salt in a medium bowl; stir with a whisk.
- ☐ Add baby spinach and sliced red onion to bowl; toss gently to coat.
- ☐ Serve steak with salad and pesto.

Nutrition Facts



 **PROTEIN 37.93%**  **FAT 53.36%**  **CARBS 8.71%**

Properties

Glycemic Index:54.25, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:27.707826116811%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.12mg, Kaempferol: 3.12mg, Kaempferol: 3.12mg, Kaempferol: 3.12mg Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

Nutrients (% of daily need)

Calories: 278.47kcal (13.92%), Fat: 16.52g (25.42%), Saturated Fat: 3.86g (24.14%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 4.16g (1.51%), Sugar: 1.34g (1.49%), Cholesterol: 68.04mg (22.68%), Sodium: 479.68mg (20.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.43g (52.86%), Vitamin K: 355.01µg (338.1%), Vitamin A: 4990.59IU (99.81%), Selenium: 35.01µg (50.02%), Vitamin B6: 0.86mg (42.96%), Vitamin B3: 7.57mg (37.87%), Vitamin C: 28.56mg (34.61%), Zinc: 4.77mg (31.78%), Folate: 120.03µg (30.01%), Manganese: 0.58mg (28.99%), Phosphorus: 270.43mg (27.04%), Potassium: 747.87mg (21.37%), Iron: 3.7mg (20.54%), Vitamin E: 2.89mg (19.24%), Magnesium: 69.37mg (17.34%), Vitamin B12: 1.03µg (17.2%), Vitamin B2: 0.24mg (14.01%), Vitamin B1: 0.15mg (9.71%), Calcium: 94.93mg (9.49%), Copper: 0.18mg (9.17%), Vitamin B5: 0.85mg (8.5%), Fiber: 1.91g (7.62%)