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Steak With Tomato Bean Salad ♦

This recipe combines a juicy steak with a refreshing tomato bean salad. The steak is cooked to perfection, with a delicious charred crust and a tender, juicy center. The tomato bean salad is packed with flavor, combining fresh tomatoes, beans, and herbs. It's the perfect summer dish to enjoy with family and friends.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	steak
250 g	Tomatoes
200 g	canned beans
50 g	red onion
10 g	fresh parsley

30 ml	olive oil
20 ml	balsamic vinegar
5 g	salt
2 g	black pepper

Directions

Step 1

Grilling

Preheat the grill or grill pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season the steak with salt and black pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Grilling

Grill the steak for 4-5 minutes per side for medium-rare.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Resting

Let the steak rest for 5 minutes before slicing.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Meanwhile, prepare the tomato bean salad.

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Cutting

Dice the tomatoes, red onion, and parsley.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Mixing

In a bowl, combine the tomatoes, beans, red onion, parsley, olive oil, balsamic vinegar, salt, and black pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Mixing

Toss the salad gently to combine all the ingredients.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Serving

Slice the steak and serve with the tomato bean salad.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	800 mg	23.53%	30.77%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	25 mg	227.27%	312.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Middle Eastern

Diet

Anti-Inflammatory Diet

Course

Side Dishes

Salads

Cultural

Chinese New Year

Events

Picnic

Cooking Method

Boiling

Baking

Simmering

Sautéing

Roasting

Cutting

Cut

Serving

Cooking

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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