



Dinner Tonight: Steak Salad with Balsamic and Wilted Arugula

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



524 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounces baby arugula washed well
- ☐ 2 tablespoons balsamic vinegar good plus more for garnish
- ☐ 4 cloves garlic sliced
- ☐ 3 cups mushrooms sliced
- ☐ 4 tablespoons olive oil as needed plus more
- ☐ 4 servings parmesan shaved
- ☐ 1 sprig rosemary chopped

- ☐ 4 servings salt and pepper
- ☐ 2 small shallots cut into ribbons
- ☐ 1 pound fat-trimmed beef flank steak thin

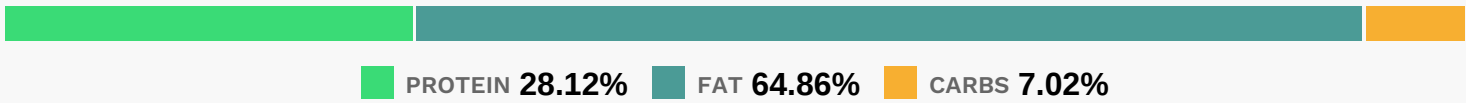
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large (14-inch) skillet, heat 2 tablespoons of the olive oil over medium until shimmering.
- ☐ Add the shallots, garlic, and rosemary and cook until translucent.
- ☐ Add the mushrooms, season with salt and pepper, and cook until soft and beginning to caramelize. Scrape the mushroom mixture into a bowl.
- ☐ Add the remaining two tablespoons of olive oil to the pan and heat over high until shimmering.
- ☐ Add the beef slices, season with salt, and spread out onto a single layer (work in batches if there's not enough room). Cook until there's no visible red.
- ☐ Return the mushroom mixture to the pan to heat through, then add the balsamic vinegar, tossing well to coat. Season to taste with salt and pepper. Off the heat, add the arugula, tossing until just starting to wilt, then transfer to plates. Top with shards of shaved Parmesan and more balsamic vinegar, if desired.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:2.53, Inflammation Score:-8, Nutrition Score:26.393912926964%

Flavonoids

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: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg Kaempferol: 14.84mg, Kaempferol: 14.84mg, Kaempferol: 14.84mg, Kaempferol: 14.84mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.42mg, Quercetin:

3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 524.29kcal (26.21%), Fat: 38.34g (58.99%), Saturated Fat: 14.07g (87.92%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 7.46g (2.71%), Sugar: 4.75g (5.27%), Cholesterol: 89.57mg (29.86%), Sodium: 752.58mg (32.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.41g (74.81%), Selenium: 41.82µg (59.74%), Vitamin K: 57.14µg (54.42%), Zinc: 7.31mg (48.73%), Phosphorus: 469.15mg (46.92%), Calcium: 446.13mg (44.61%), Vitamin B3: 8.41mg (42.04%), Vitamin B2: 0.7mg (41.33%), Vitamin B12: 2.27µg (37.85%), Vitamin B6: 0.67mg (33.32%), Vitamin A: 1261.96IU (25.24%), Potassium: 780.54mg (22.3%), Iron: 3.52mg (19.57%), Copper: 0.38mg (19.08%), Magnesium: 67.88mg (16.97%), Folate: 63.41µg (15.85%), Vitamin E: 2.28mg (15.2%), Vitamin B5: 1.45mg (14.54%), Manganese: 0.27mg (13.72%), Vitamin B1: 0.2mg (13.48%), Vitamin C: 9.84mg (11.93%), Fiber: 1.87g (7.5%), Vitamin D: 0.41µg (2.72%)