



Flank Steak and Arugula Salad

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



10

CALORIES



163 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounces baby arugula dried washed and thoroughly (6 packed cups)
- 1 cup pea-mond dressing cooked
- 10 servings pepper black freshly ground
- 1 cup black beans cooked
- 1.5 pounds flank steak for 30 minutes at room temperature
- 0.5 teaspoon garlic minced (from 1 medium clove)
- 1 tablespoon granulated sugar
- 10 servings kosher salt

- 2 tablespoons juice of lime freshly squeezed (from 1 medium lime)
- 0.5 teaspoon lime zest
- 1 tablespoon olive oil
- 0.3 cup onion red
- 1 medium bell pepper red cut into thin slices

Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- Combine the onion, lime juice, lime zest, agave nectar, garlic, and salt in a large, nonreactive bowl.
- Whisking continuously, add the oil in a thin stream until well blended. Season well with pepper and set aside. For the steak: Blot both sides of the steak with paper towels, rub with the oil, and season generously with salt and pepper.
- Heat a large, heavy-bottomed frying pan over medium-high heat until hot, about 3 minutes.
- Add the steak and cook until browned, about 4 to 5 minutes per side for medium rare.
- Add the bell pepper, black beans, and black-eyed peas to the bowl of reserved dressing and toss to coat.
- Cut the flank steak against the grain into 1/8- to 1/4-inch-thick slices.
- Add the steak and arugula to the bowl and toss to evenly coat. Season well with salt and pepper. Beverage pairing: M. Chapoutier Crozes-Hermitage Petite Ruche, France. The arugula adds a pepperiness to the dish, which can be paralleled with a peppery red wine, namely a Syrah from France's northern Rhône. This one adds plum, blackberry, and wild herbs, which will provide complexity without overwhelming the salad.

Nutrition Facts



■ PROTEIN **44.52%** ■ FAT **28.54%** ■ CARBS **26.94%**

Properties

Glycemic Index:32.61, Glycemic Load:2.99, Inflammation Score:-7, Nutrition Score:13.676087068475%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 163.07kcal (8.15%), Fat: 5.15g (7.92%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 7.69g (2.79%), Sugar: 2.84g (3.15%), Cholesterol: 40.82mg (13.61%), Sodium: 236.09mg (10.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.07g (36.14%), Selenium: 20.83µg (29.75%), Vitamin B6: 0.5mg (24.79%), Folate: 93.31µg (23.33%), Vitamin C: 19.12mg (23.18%), Vitamin B3: 4.59mg (22.94%), Zinc: 3.14mg (20.95%), Vitamin K: 21.28µg (20.26%), Phosphorus: 202.28mg (20.23%), Vitamin A: 782.03IU (15.64%), Fiber: 3.25g (12.99%), Manganese: 0.25mg (12.75%), Potassium: 440.22mg (12.58%), Iron: 2.17mg (12.08%), Magnesium: 46.41mg (11.6%), Vitamin B12: 0.62µg (10.32%), Vitamin B1: 0.14mg (9.51%), Copper: 0.15mg (7.56%), Vitamin B2: 0.12mg (7.34%), Vitamin B5: 0.66mg (6.64%), Calcium: 53.34mg (5.33%), Vitamin E: 0.72mg (4.78%)