



Flank Steak Salad with Plums and Blue Cheese

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



267 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 cups baby arugula loosely packed
- 0.5 teaspoon pepper black freshly ground
- 1 ounce cheese blue crumbled
- 1 pound flank steak trimmed
- 1 teaspoon honey
- 4 teaspoons juice of lemon fresh divided
- 1.5 tablespoons olive oil divided

- 3 plums thinly sliced
- 0.1 teaspoon salt
- 0.3 teaspoon salt

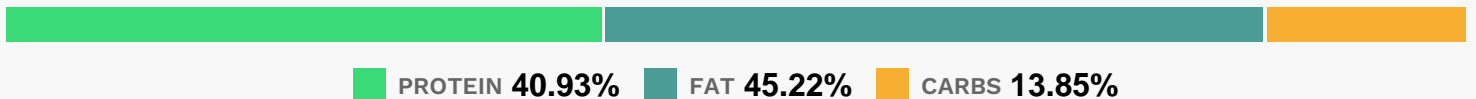
Equipment

- bowl
- frying pan
- whisk

Directions

- Combine pepper, 1/4 teaspoon salt, 1 1/2 teaspoons olive oil, and 1 teaspoon lemon juice in a small bowl; rub over both sides of steak.
- Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- Add steak to pan; cook 5 minutes on each side or until desired degree of doneness.
- Remove steak from pan; let rest 5 minutes.
- Cut steak diagonally across grain into thin slices.
- Combine remaining 1 tablespoon olive oil, 1 tablespoon lemon juice, honey, and 1/8 teaspoon salt in a large bowl; stir well with a whisk.
- Add arugula; toss gently to coat. Arrange about 1 1/2 cups arugula mixture onto each of 4 plates; top each serving with 3 ounces steak, about 1/2 cup plums, and 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:45.48, Glycemic Load:3, Inflammation Score:-8, Nutrition Score:18.591304560718%

Flavonoids

Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epicatechin 3-gallate: 0.38mg,

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Nutrients (% of daily need)

Calories: 266.6kcal (13.33%), Fat: 13.38g (20.58%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 7.8g (2.84%), Sugar: 7.33g (8.14%), Cholesterol: 73.35mg (24.45%), Sodium: 370.69mg (16.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.25g (54.49%), Selenium: 34.63µg (49.47%), Vitamin K: 51.87µg (49.4%), Vitamin B3: 7.47mg (37.36%), Vitamin B6: 0.74mg (37.24%), Zinc: 4.78mg (31.86%), Phosphorus: 286.08mg (28.61%), Vitamin A: 1175.72IU (23.51%), Vitamin B12: 1.12µg (18.64%), Potassium: 639.63mg (18.28%), Vitamin C: 12.65mg (15.33%), Folate: 59.65µg (14.91%), Iron: 2.5mg (13.91%), Calcium: 129.9mg (12.99%), Magnesium: 49.61mg (12.4%), Vitamin B2: 0.21mg (12.15%), Vitamin B5: 1.09mg (10.9%), Manganese: 0.2mg (10.08%), Vitamin E: 1.41mg (9.42%), Vitamin B1: 0.12mg (7.78%), Copper: 0.15mg (7.46%), Fiber: 1.41g (5.66%)