



Flank Steak with Roasted Endive, Spring Onion Agrodolce, and Arugula



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces arugula leaves
- ☐ 1 pound belgian endive halved lengthwise
- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1 pound flank steak halved
- ☐ 0.5 cup honey
- ☐ 1.5 teaspoons hungarian paprika sweet
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 2 tablespoons olive oil divided
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons oregano fresh divided chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 0.5 cup sherry vinegar
- ☐ 12 ounces spring onion trimmed quartered

Equipment

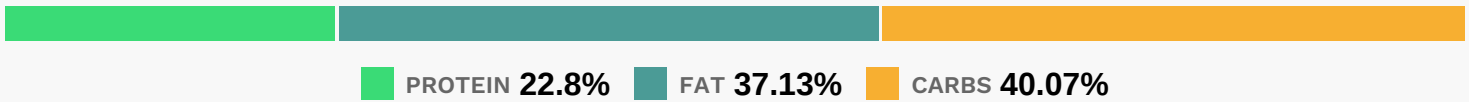
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ grill pan

Directions

- ☐ Place honey in a medium saucepan over medium heat; cook 2 minutes or until heated.
- ☐ Add onions to pan; stir to combine. Stir in vinegar; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until onions are tender. Cook, uncovered, 20 minutes or until syrupy.
- ☐ Preheat oven to 375
- ☐ Heat an ovenproof grill pan over medium-high heat.
- ☐ Add 1 tablespoon oil to pan, swirling to coat.
- ☐ Sprinkle endive evenly with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Add endive, cut sides down, to pan. Cook 1 minute or until lightly browned. Turn endive; place pan in oven.
- ☐ Bake at 375 for 15 minutes or until endive is tender.
- ☐ Remove endive from oven; cover and keep warm. Wipe pan clean.
- ☐ Combine remaining 1/2 teaspoon salt, remaining 1/2 teaspoon pepper, 1 tablespoon oregano, and paprika in a small bowl.
- ☐ Sprinkle beef evenly with oregano mixture.

- ☐ Heat grill pan over medium–high heat.
- ☐ Add remaining 1 tablespoon oil to pan, swirling to coat.
- ☐ Add beef to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Let stand 10 minutes before cutting across the grain into thin slices.
- ☐ Combine remaining 1 tablespoon oregano, arugula, oil, and juice in a medium bowl; toss gently.
- ☐ Serve steak with endive and arugula salad; top steak with onion mixture.

Nutrition Facts



Properties

Glycemic Index:42.07, Glycemic Load:19.78, Inflammation Score:-10, Nutrition Score:28.82782620969%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 11.05mg, Kaempferol: 11.05mg, Kaempferol: 11.05mg, Kaempferol: 11.05mg Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg

Nutrients (% of daily need)

Calories: 477.7kcal (23.88%), Fat: 20.36g (31.32%), Saturated Fat: 4.42g (27.65%), Carbohydrates: 49.44g (16.48%), Net Carbohydrates: 41.74g (15.18%), Sugar: 37.63g (41.81%), Cholesterol: 68.04mg (22.68%), Sodium: 525.27mg (22.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.13g (56.26%), Vitamin K: 233.5µg (222.38%), Selenium: 34.8µg (49.71%), Vitamin B6: 0.86mg (43.07%), Vitamin B3: 8.03mg (40.13%), Vitamin A: 1967.76IU (39.36%), Folate: 146.58µg (36.65%), Zinc: 5.2mg (34.66%), Phosphorus: 315.79mg (31.58%), Fiber: 7.7g (30.78%), Vitamin C: 25.29mg (30.66%), Potassium: 1056.66mg (30.19%), Manganese: 0.59mg (29.33%), Iron: 5.2mg (28.91%), Vitamin E: 3.62mg (24.13%), Calcium: 200.23mg (20.02%), Magnesium: 77.63mg (19.41%), Vitamin B2: 0.29mg (17.25%), Vitamin B12: 1.03µg (17.2%), Vitamin B1: 0.22mg (14.63%), Copper: 0.28mg (13.9%), Vitamin B5: 1.15mg (11.47%)