



WHATSHEATE



HEALTH SCORE

100%

Garlicky Steak Salad with Chickpeas and Artichokes



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



788 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 qts baby arugula
- ☐ 31 oz garbanzo beans drained and rinsed canned (garbanzos)
- ☐ 1.5 lbs flank steak trimmed
- ☐ 16 oz artichoke hearts frozen thawed
- ☐ 12 garlic clove thinly sliced
- ☐ 8 spring onion thinly sliced
- ☐ 1.5 tsp kosher salt divided

- ☐ 1 cup soy sauce reduced-sodium
- ☐ 2 qts the salad mixed
- ☐ 10 tablespoon olive oil extra virgin extra-virgin divided
- ☐ 10 tablespoon orange juice divided
- ☐ 2 teaspoons orange zest
- ☐ 2 cranberry-orange relish sliced
- ☐ 1 cup parmesan shaved
- ☐ 1.5 tsp pepper divided
- ☐ 2 tablespoons red wine vinegar

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil
- ☐ skewers
- ☐ tongs
- ☐ metal skewers

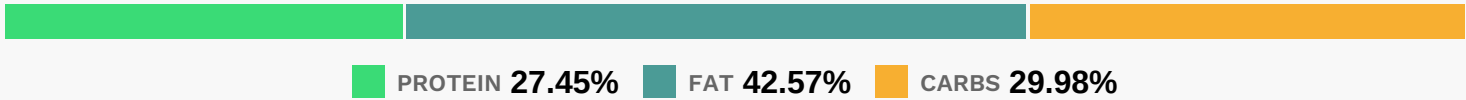
Directions

- ☐ Whisk together 1 tsp. each salt and pepper, the soy sauce, and 6 tbsp. orange juice in a small bowl.
- ☐ Make deep slices 1/2 to 3/4 in. apart across the grain into one side of flank steak, making sure not to cut all the way through and leaving a 1/4 in. uncut edge around steak. Stuff slices evenly with garlic. Arrange half the orange slices in a 9- by 13-in. baking dish and set steak, garlic side up, on top. Arrange remaining orange slices over meat and pour soy marinade over them. Cover dish and chill steak at least 3 and up to 24 hours; let stand at room temperature during

last 30 minutes.

- ☐ Heat a grill to high (450 to 550). Skewer artichokes on two 10-in. metal skewers, brush with 2 tbsp. oil, and sprinkle with a little salt and pepper.
- ☐ Oil cooking grate with a wad of oiled paper towels, using tongs.
- ☐ Lay steak on grate, garlic side up (discard oranges); grill, covered, carefully turning once (some garlic will fall out), 6 to 8 minutes total for medium-rare.
- ☐ Transfer steak to a board, tent loosely with foil, and let rest 5 minutes.
- ☐ Meanwhile, grill artichokes, turning once, until lightly browned, about 6 minutes total.
- ☐ Transfer to a plate and remove from skewers.
- ☐ Whisk together remaining 1/2 tsp. each salt and pepper, 1/4 cup orange juice, and 1/2 cup oil, the orange zest, and vinegar in a small bowl. Thinly slice steak diagonally across the grain.
- ☐ Toss baby greens, arugula, chickpeas, green onions, and parmesan in a large bowl with about half the dressing.
- ☐ Transfer salad to a platter or plates, top with steak and artichokes, and drizzle with remaining dressing.
- ☐ *Silverskin is the thin, shiny connective tissue on the outside of the meat that gets stringy when it cooks.
- ☐ Remove it with a sharp knife, or ask a butcher to do it.

Nutrition Facts



Properties

Glycemic Index:47.97, Glycemic Load:11.69, Inflammation Score:-10, Nutrition Score:63.987826163354%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 15.28mg, Hesperetin: 15.28mg, Hesperetin: 15.28mg Hesperetin: 15.28mg Naringenin: 7.3mg, Naringenin: 7.3mg, Naringenin: 7.3mg, Naringenin: 7.3mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 13.56mg, Isorhamnetin: 13.56mg, Isorhamnetin: 13.56mg, Isorhamnetin: 13.56mg Kaempferol: 110.35mg, Kaempferol: 110.35mg, Kaempferol: 110.35mg, Kaempferol: 110.35mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 27.06mg, Quercetin: 27.06mg, Quercetin: 27.06mg, Quercetin: 27.06mg

Nutrients (% of daily need)

Calories: 788.32kcal (39.42%), Fat: 39.11g (60.16%), Saturated Fat: 9.03g (56.43%), Carbohydrates: 61.97g (20.66%), Net Carbohydrates: 45.39g (16.5%), Sugar: 13.71g (15.23%), Cholesterol: 79.37mg (26.46%), Sodium: 3053.24mg (132.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.73g (113.46%), Vitamin K: 393.6µg (374.86%), Vitamin A: 11658.25IU (233.16%), Vitamin C: 167.86mg (203.47%), Manganese: 3.26mg (163.13%), Folate: 621.49µg (155.37%), Vitamin B6: 2.13mg (106.55%), Calcium: 892.4mg (89.24%), Phosphorus: 890.73mg (89.07%), Potassium: 2870.9mg (82.03%), Magnesium: 317.93mg (79.48%), Fiber: 16.58g (66.33%), Iron: 11.88mg (66%), Selenium: 43.93µg (62.76%), Zinc: 8.72mg (58.15%), Vitamin B3: 11.5mg (57.51%), Vitamin B2: 0.89mg (52.44%), Copper: 0.84mg (42.14%), Vitamin E: 5.45mg (36.31%), Vitamin B5: 3.48mg (34.84%), Vitamin B1: 0.51mg (34.33%), Vitamin B12: 1.23µg (20.53%)