



Grilled Filet Steak and Arugula

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces baby arugula
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 40 ounces filets mignons 2-inch-thick
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 tablespoons fleur del sel fine
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon freshly squeezed 2 lemons
- ☐ 0.5 cup olive oil good

- ☐ 4 ounce parmesan cheese good chunk
- ☐ 2 tablespoons coarsely cracked peppercorns black
- ☐ 2 tablespoons vegetable oil

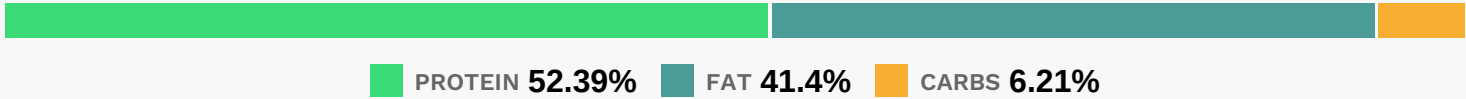
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ peeler

Directions

- ☐ Prepare a charcoal grill with hot coals or turn a gas grill to medium-high heat.
- ☐ Meanwhile, pat dry the filets mignons with paper towels.
- ☐ Brush the filets lightly all over with the oil.
- ☐ Combine the fleur de sel and cracked pepper on a plate and roll the filets on all sides in the mixture, pressing lightly to help the salt and pepper adhere. The steaks should be evenly coated with the fleur de sel and cracked pepper.
- ☐ Meanwhile, whisk together the olive oil, lemon juice, mustard, kosher salt, and freshly ground black pepper. Set aside.
- ☐ When the grill is ready, place the steaks on the grill. Cook them for 5 minutes on each side for medium-rare or until the centers of the steaks register 125 degrees on an instant-read - thermometer.
- ☐ Remove to a plate, cover tightly with foil, and allow to rest for 10 minutes before slicing thickly.
- ☐ Toss the arugula in a large bowl with enough of the dressing to moisten; divide among 4 plates.
- ☐ Place a steak on top of each salad. Shave the Parmesan onto each steak with a vegetable peeler, sprinkle with salt, and serve hot.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:1.27, Inflammation Score:-9, Nutrition Score:33.48695634759%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg Kaempferol: 19.78mg, Kaempferol: 19.78mg, Kaempferol: 19.78mg, Kaempferol: 19.78mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 482.53kcal (24.13%), Fat: 22.03g (33.88%), Saturated Fat: 6.94g (43.35%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 5.12g (1.86%), Sugar: 1.82g (2.02%), Cholesterol: 141.18mg (47.06%), Sodium: 4700.33mg (204.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.71g (125.43%), Selenium: 100.88µg (144.12%), Vitamin K: 86.93µg (82.79%), Phosphorus: 811.91mg (81.19%), Calcium: 498.88mg (49.89%), Vitamin B12: 2.92µg (48.67%), Manganese: 0.91mg (45.73%), Potassium: 1493.45mg (42.67%), Vitamin B6: 0.78mg (39.22%), Magnesium: 140.14mg (35.03%), Vitamin A: 1710.35IU (34.21%), Vitamin B3: 6.18mg (30.88%), Vitamin E: 3.53mg (23.56%), Vitamin C: 17.24mg (20.9%), Folate: 80.81µg (20.2%), Vitamin B2: 0.34mg (19.96%), Vitamin D: 2.69µg (17.95%), Vitamin B1: 0.26mg (17.46%), Zinc: 2.41mg (16.04%), Iron: 2.74mg (15.2%), Copper: 0.21mg (10.37%), Fiber: 2.31g (9.23%), Vitamin B5: 0.91mg (9.05%)