



## Grilled Skirt Steak and Arugula Salad with Roquefort and Catalina Dressing

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



480 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.8 pound arugula
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons grainy mustard
- ☐ 1 tablespoon catsup
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 0.3 pound roquefort blue crumbled
- ☐ 1 pound skirt steak trimmed halved
- ☐ 2 teaspoons sugar

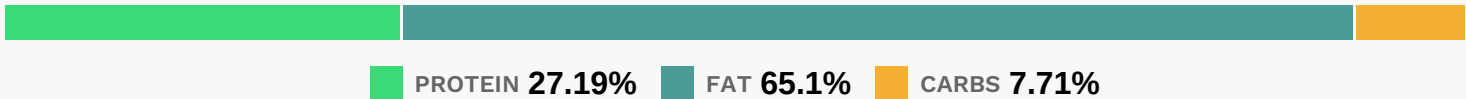
## Equipment

- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan
- ☐ cutting board

## Directions

- ☐ Prepare grill for direct-heat cooking over hot charcoal (high heat for gas); see Grilling Procedure
- ☐ Whisk together ketchup, mustard, sugar, garlic, lime juice, vinegar, oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper.
- ☐ Pat steak dry and season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Oil grill rack, then grill steak, covered only if using a gas grill, turning once, 4 to 6 minutes total for medium-rare.
- ☐ Transfer steak to a cutting board and let rest, loosely covered with foil, 5 minutes.
- ☐ Toss arugula with enough dressing to coat.
- ☐ Thinly slice steak diagonally across the grain.
- ☐ Serve steak over salad, sprinkled with Roquefort.
- ☐ •Steak can be grilled in a lightly oiled hot grill pan over medium-high heat (it may need to be cut into 4 pieces to fit in pan).•Steak can be grilled 1 day ahead and chilled (covered once cool). Bring to room temperature before serving.

## Nutrition Facts



## Properties

Glycemic Index:60.27, Glycemic Load:2.91, Inflammation Score:-9, Nutrition Score:28.163478405579%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.66mg, Isorhamnetin: 3.66mg, Isorhamnetin: 3.66mg, Isorhamnetin: 3.66mg Kaempferol: 29.68mg, Kaempferol: 29.68mg, Kaempferol: 29.68mg, Kaempferol: 29.68mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 480.05kcal (24%), Fat: 35.37g (54.42%), Saturated Fat: 11.01g (68.84%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 7.69g (2.8%), Sugar: 6.12g (6.8%), Cholesterol: 92.7mg (30.9%), Sodium: 542.84mg (23.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.24g (66.49%), Vitamin K: 106.2µg (101.15%), Zinc: 8.53mg (56.88%), Vitamin B12: 2.76µg (46.02%), Selenium: 32.02µg (45.74%), Vitamin A: 2271.96IU (45.44%), Vitamin B3: 7.1mg (35.48%), Phosphorus: 341.36mg (34.14%), Vitamin B2: 0.56mg (32.81%), Vitamin B6: 0.63mg (31.28%), Calcium: 302.62mg (30.26%), Folate: 97.74µg (24.43%), Potassium: 760.28mg (21.72%), Vitamin E: 3.24mg (21.6%), Manganese: 0.43mg (21.46%), Iron: 3.64mg (20.2%), Magnesium: 77.28mg (19.32%), Vitamin C: 15.43mg (18.7%), Vitamin B5: 1.56mg (15.57%), Copper: 0.19mg (9.27%), Vitamin B1: 0.13mg (8.78%), Fiber: 1.74g (6.96%), Vitamin D: 0.26µg (1.7%)