



 **61%**
HEALTH SCORE

Grilled-Steak and Arugula Salad with Mustard Caper Vinaigrette

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



612 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon anchovy paste
- 1 pound arugula washed and torn in half (2 1/2 quarts)
- 2 tablespoons capers drained
- 0.8 pound cherry tomatoes halved
- 1.5 teaspoons dijon mustard
- 4 servings fresh-ground pepper black
- 6 tablespoons olive oil

- 4 servings salt
- 1.5 pounds rump steak
- 1 tablespoon white-wine vinegar

Equipment

- bowl
- whisk
- grill
- broiler

Directions

- Light the grill or heat the broiler. Coat the steak with 1 tablespoon of the oil.
- Sprinkle the steak with 1/2 teaspoon salt and 1/4 teaspoon pepper. Grill or broil the steak for 5 minutes. Turn the meat and cook to your taste, about 5 minutes longer for medium rare.
- Transfer the steak to a carving board and leave to rest in a warm spot for 5 minutes.
- Meanwhile, put the arugula on a platter or on individual plates. Top with the cherry tomatoes and sprinkle with 1/8 teaspoon salt.
- In a medium glass or stainless-steel bowl, whisk together the mustard, anchovy paste, vinegar, capers, 1/4 teaspoon salt, and 1/8 teaspoon pepper.
- Add the remaining 5 tablespoons oil slowly, whisking.
- Slice the steak on the diagonal.
- Put the slices on top of the arugula and tomatoes and drizzle the vinaigrette over all.
- Variation:: Use two quarts of watercress or spinach leaves instead of the arugula.
- Wine Recommendation: The great red grape of Italy's Piedmont is the nebbiolo, the basis of Barolo and Barbaresco, two complex, powerful, expensive wines. Purchase instead a Nebbiolo delle Langhe for a more frugal, lighter, but equally delicious experience.

Nutrition Facts



PROTEIN 25.65% FAT 69.2% CARBS 5.15%

Properties

Glycemic Index:24, Glycemic Load:0.76, Inflammation Score:-10, Nutrition Score:33.055652072896%

Flavonoids

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: 4.88mg, Isorhamnetin: 4.88mg, Isorhamnetin: 4.88mg, Isorhamnetin: 4.88mg Kaempferol: 44.83mg, Kaempferol: 44.83mg, Kaempferol: 44.83mg, Kaempferol: 44.83mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 16.48mg, Quercetin: 16.48mg, Quercetin: 16.48mg, Quercetin: 16.48mg

Nutrients (% of daily need)

Calories: 611.52kcal (30.58%), Fat: 47.22g (72.65%), Saturated Fat: 13.26g (82.89%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 5.27g (1.92%), Sugar: 4.49g (4.98%), Cholesterol: 95.89mg (31.96%), Sodium: 485.27mg (21.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.38g (78.76%), Vitamin K: 139.89µg (133.23%), Vitamin B12: 4.74µg (78.92%), Vitamin A: 3114.52IU (62.29%), Vitamin C: 36.6mg (44.36%), Selenium: 30.03µg (42.9%), Zinc: 6.28mg (41.85%), Vitamin B6: 0.8mg (40.02%), Phosphorus: 383.52mg (38.35%), Vitamin B3: 7.16mg (35.8%), Folate: 132.42µg (33.11%), Iron: 5.93mg (32.94%), Potassium: 1140.98mg (32.6%), Vitamin E: 4.06mg (27.04%), Vitamin B2: 0.43mg (25.42%), Manganese: 0.5mg (25.1%), Magnesium: 98.03mg (24.51%), Calcium: 206.52mg (20.65%), Vitamin B1: 0.26mg (17.04%), Copper: 0.31mg (15.25%), Vitamin B5: 1.15mg (11.47%), Fiber: 2.64g (10.57%)