



Grilled Steak and Portobello Salad

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



292 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 cup baby arugula
- ☐ 3 tablespoons balsamic vinegar
- ☐ 4 ounces cheese blue crumbled
- ☐ 0.5 cup cherry tomatoes halved
- ☐ 0.3 cup olive oil
- ☐ 4 portobello mushroom caps
- ☐ 6 servings salt and pepper
- ☐ 1 pound skirt steak

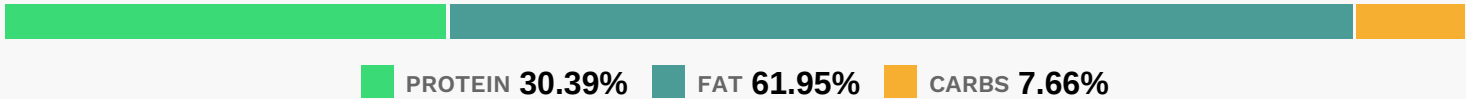
Equipment

- ☐ bowl
- ☐ grill
- ☐ cutting board

Directions

- ☐ Combine steak, 2 Tbsp. vinegar and 1/2 tsp. salt in a ziplock bag; seal bag and turn several times to coat. Set aside for 15 minutes.
- ☐ Preheat a gas grill to high.
- ☐ Brush mushroom caps with 2 Tbsp. oil and season with salt and pepper.
- ☐ Remove steak from bag; discard liquid. Oil grill grates and grill mushroom caps and steak until tender, turning once, about 10 minutes total for mushrooms, 6 to 7 minutes total for steak.
- ☐ Transfer mushrooms and steak to a cutting board and let stand 5 minutes. Coarsely chop mushrooms and slice steak against grain.
- ☐ Combine arugula, tomatoes, mushrooms, remaining 2 Tbsp. olive oil, remaining 1 Tbsp. vinegar and 1/4 tsp. salt in a large bowl; toss to coat. Arrange salad on dinner plates. Top with sliced steak and sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:1.02, Inflammation Score:-7, Nutrition Score:18.825652309086%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 11.63mg, Kaempferol: 11.63mg, Kaempferol: 11.63mg, Kaempferol: 11.63mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 291.87kcal (14.59%), Fat: 20.46g (31.47%), Saturated Fat: 6.93g (43.32%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 4.34g (1.58%), Sugar: 3.68g (4.09%), Cholesterol: 61.8mg (20.6%), Sodium: 478.46mg (20.8%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.58g (45.16%), Selenium: 29.95µg (42.79%), Vitamin K: 43.69µg (41.61%), Zinc: 5.85mg (38.99%), Vitamin B3: 7.17mg (35.84%), Vitamin B12: 1.87µg (31.15%), Phosphorus: 272.37mg (27.24%), Vitamin B2: 0.42mg (24.61%), Vitamin B6: 0.48mg (23.86%), Vitamin A: 1001.97IU (20.04%), Potassium: 632.13mg (18.06%), Calcium: 163.08mg (16.31%), Vitamin B5: 1.57mg (15.65%), Folate: 58.7µg (14.67%), Copper: 0.27mg (13.37%), Iron: 2.24mg (12.46%), Manganese: 0.23mg (11.71%), Vitamin E: 1.64mg (10.95%), Magnesium: 38.73mg (9.68%), Vitamin C: 7.83mg (9.49%), Vitamin B1: 0.1mg (6.87%), Fiber: 1.35g (5.39%), Vitamin D: 0.34µg (2.25%)