



WHATSheATE



Grilled Steak and Potato Salad



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



387 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 5 ounce the salad mixed rinsed drained
- ☐ 0.8 cup mustard
- ☐ 0.5 pound baby potatoes red cut in half (8 small potatoes)
- ☐ 2 tablespoons olive oil divided

- ☐ 1 bell pepper red cored seeded
- ☐ 1 onion red 1-inch-thick sliced into rounds
- ☐ 2 tablespoons rosemary leaves fresh divided
- ☐ 4 servings sea salt to taste
- ☐ 14 ounce new york strip steak thick

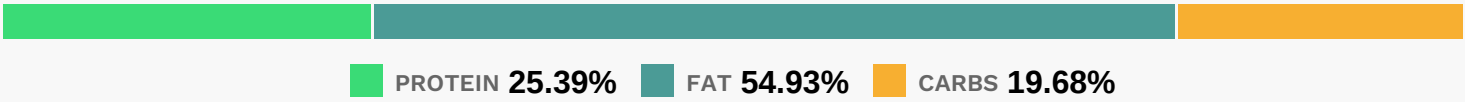
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400
- ☐ Coat steak on both sides with 1 tablespoon olive oil and balsamic vinegar. Rub 1 teaspoon pepper and half of rosemary onto both sides; let stand about 30 minutes.
- ☐ Toss potato with remaining 1 tablespoon olive oil and rosemary, and add sea salt and pepper.
- ☐ Spread in a single layer on a rimmed baking sheet.
- ☐ Bake at 400 for 20 to 25 minutes or until golden brown, stirring occasionally.
- ☐ Grill bell pepper and onion, uncovered, over medium-high heat, 3 to 4 minutes on each side. Season steak on both sides with sea salt. Grill steak, uncovered, over medium-high heat 4 to 5 minutes on each side.
- ☐ Remove from hottest part of grill, and cook, covered, another 4 to 5 minutes or until temperature registers 130 for medium rare.
- ☐ Remove steak from grill; cover loosely with foil, and let stand 5 to 10 minutes before slicing. (Meat will continue to cook.)
- ☐ Slice steak into 1/2-inch slices, and toss with potato, grilled vegetables, baby greens, cilantro, and Mustard Vinaigrette. Divide evenly onto plates.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:80.19, Glycemic Load:8.76, Inflammation Score:-9, Nutrition Score:22.171304184458%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 387.06kcal (19.35%), Fat: 23.77g (36.57%), Saturated Fat: 7.19g (44.92%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 14.52g (5.28%), Sugar: 4.12g (4.58%), Cholesterol: 79.38mg (26.46%), Sodium: 775.39mg (33.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.72g (49.44%), Vitamin C: 59.96mg (72.68%), Selenium: 39.7µg (56.72%), Vitamin B6: 0.92mg (45.87%), Vitamin B3: 6.86mg (34.28%), Phosphorus: 302.27mg (30.23%), Vitamin A: 1414.89IU (28.3%), Zinc: 4.1mg (27.35%), Manganese: 0.5mg (25.2%), Potassium: 803.46mg (22.96%), Fiber: 4.65g (18.58%), Iron: 3.25mg (18.06%), Magnesium: 68.98mg (17.24%), Vitamin B1: 0.25mg (16.5%), Vitamin B12: 0.97µg (16.21%), Folate: 56.59µg (14.15%), Vitamin E: 2.04mg (13.61%), Vitamin B2: 0.21mg (12.56%), Vitamin B5: 1.07mg (10.75%), Copper: 0.21mg (10.62%), Vitamin K: 10.65µg (10.14%), Calcium: 79.28mg (7.93%)