



Grilled Steak Salad with Green Beans and Blue Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



443 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounces arugula
- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 cup cheese blue crumbled
- ☐ 4 cups cherry tomatoes halved
- ☐ 1 pound slender green beans trimmed
- ☐ 1.3 cups kalamata olives black pitted halved
- ☐ 0.5 cup olive oil

☐ 24 ounce new york steaks

Equipment

☐ bowl

☐ whisk

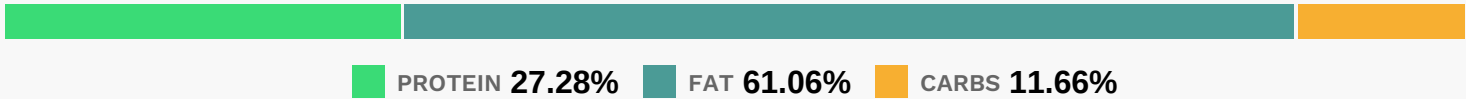
☐ pot

☐ grill

Directions

- ☐ Cook green beans in pot of boiling salted water until crisp-tender, about 4 minutes.
- ☐ Drain.
- ☐ Transfer to bowl of ice water and cool.
- ☐ Drain.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Combine beans, arugula, tomatoes, and olives in large bowl.
- ☐ Whisk 1/2 cup oil and vinegar in small bowl.
- ☐ Brush steaks with remaining 1 tablespoon oil; sprinkle with salt and pepper. Grill to desired doneness, about 4 minutes per side for medium-rare.
- ☐ Cut steaks crosswise into strips.
- ☐ Toss salad with enough dressing to coat. Season to taste with salt and pepper. Divide among 6 plates. Top with steak strips.
- ☐ Sprinkle cheese over.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:2.49, Inflammation Score:-9, Nutrition Score:26.498695529026%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 10.24mg, Kaempferol: 10.24mg, Kaempferol: 10.24mg, Kaempferol: 10.24mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg

Nutrients (% of daily need)

Calories: 443.34kcal (22.17%), Fat: 30.86g (47.47%), Saturated Fat: 12.49g (78.03%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 9.14g (3.32%), Sugar: 6.98g (7.75%), Cholesterol: 86.05mg (28.68%), Sodium: 781.5mg (33.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.02g (62.04%), Vitamin K: 70.99µg (67.61%), Selenium: 32.22µg (46.03%), Zinc: 6.89mg (45.91%), Vitamin C: 36.12mg (43.79%), Vitamin A: 1979.32IU (39.59%), Vitamin B12: 2.16µg (35.95%), Vitamin B6: 0.7mg (35.21%), Vitamin B3: 7.02mg (35.09%), Phosphorus: 324.3mg (32.43%), Vitamin B2: 0.48mg (28.46%), Potassium: 862.99mg (24.66%), Iron: 4.1mg (22.8%), Calcium: 227.82mg (22.78%), Folate: 77.71µg (19.43%), Manganese: 0.37mg (18.56%), Magnesium: 74.21mg (18.55%), Vitamin E: 2.63mg (17.56%), Fiber: 4.12g (16.47%), Vitamin B1: 0.22mg (14.83%), Copper: 0.28mg (14.07%), Vitamin B5: 0.82mg (8.18%), Vitamin D: 0.23µg (1.51%)