



Grilled Steak with Arugula and Shaved Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



840 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces arugula loosely packed
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 3 large garlic cloves
- ☐ 4 servings lemon wedges
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 2 ounce parmesan cheese
- ☐ 3 pound porterhouse steaks thick (each)

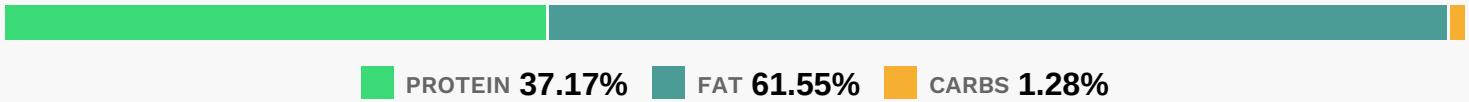
Equipment

- ☐ food processor
- ☐ paper towels
- ☐ grill
- ☐ cutting board
- ☐ peeler

Directions

- ☐ Blend garlic, 2 teaspoons oil and black pepper in small food processor (or mash on plate with back of fork) to form paste. Pat steaks dry with paper towels. Rub garlic paste over both sides of steaks.
- ☐ Let stand at room temperature 30 minutes or refrigerate up to 8 hours. Prepare barbecue (medium-high heat). Grill steaks to desired doneness, about 9 minutes per side for medium-rare.
- ☐ Transfer steaks to cutting board.
- ☐ Let stand 5 minutes.
- ☐ Cut steaks on slight angle into 1/4-inch-thick slices.
- ☐ Arrange arugula on platter. Top with steak slices.
- ☐ Pour any accumulated juices over steaks; sprinkle with salt.
- ☐ Drizzle 1 tablespoon oil over steaks. Using vegetable peeler, shave Parmesan into strips over steaks.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:33.195217348959%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 9.9mg, Kaempferol: 9.9mg, Kaempferol: 9.9mg, Kaempferol: 9.9mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 840.46kcal (42.02%), Fat: 56.3g (86.61%), Saturated Fat: 23.08g (144.26%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 1.99g (0.72%), Sugar: 0.75g (0.83%), Cholesterol: 200.15mg (66.72%), Sodium: 418.98mg (18.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.49g (152.99%), Vitamin B12: 9.63µg (160.46%), Selenium: 59.75µg (85.36%), Zinc: 11.71mg (78.09%), Phosphorus: 709.45mg (70.94%), Vitamin B6: 1.36mg (67.82%), Vitamin B3: 12.5mg (62.48%), Iron: 7.47mg (41.51%), Vitamin B2: 0.69mg (40.43%), Potassium: 1185.92mg (33.88%), Vitamin K: 33.2µg (31.62%), Vitamin B1: 0.36mg (24.24%), Calcium: 240.17mg (24.02%), Magnesium: 89.1mg (22.27%), Vitamin A: 786.6IU (15.73%), Copper: 0.31mg (15.43%), Vitamin B5: 1.26mg (12.65%), Folate: 49.17µg (12.29%), Manganese: 0.24mg (11.99%), Vitamin C: 5.48mg (6.65%), Vitamin E: 0.45mg (3%), Fiber: 0.66g (2.62%)