



Grilled Steak with Baby Arugula and Parmesan Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby arugula loosely packed
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 16 ounce flat-iron steaks
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.1 teaspoon kosher salt

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 lemons halved
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 ounce parmigiano-reggiano cheese fresh shaved

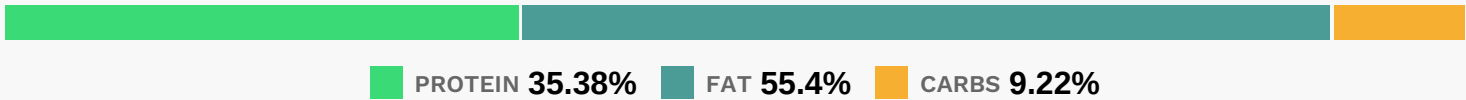
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat. Rub thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper over steaks.
- ☐ Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Remove steaks from pan.
- ☐ Add lemon halves, cut sides down, to pan; cook 3 minutes.
- ☐ Cut steaks across the grain into thin slices.
- ☐ Combine remaining 1/4 teaspoon pepper, chives, and next 4 ingredients (through 1/8 teaspoon salt), stirring with a whisk.
- ☐ Drizzle over arugula; toss to coat. Arrange 1 steak, 1 cup arugula, and 1 lemon half on each of 4 plates; top each salad with 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:59.63, Glycemic Load:1.15, Inflammation Score:-8, Nutrition Score:21.441304465351%

Flavonoids

Eriodictyol: 11.72mg, Eriodictyol: 11.72mg, Eriodictyol: 11.72mg, Eriodictyol: 11.72mg Hesperetin: 15.61mg, Hesperetin: 15.61mg, Hesperetin: 15.61mg, Hesperetin: 15.61mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 7.07mg, Kaempferol: 7.07mg, Kaempferol: 7.07mg, Kaempferol: 7.07mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 281.53kcal (14.08%), Fat: 17.61g (27.09%), Saturated Fat: 6.17g (38.55%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 4.58g (1.66%), Sugar: 1.94g (2.15%), Cholesterol: 79.66mg (26.55%), Sodium: 429.05mg (18.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.3g (50.59%), Vitamin B12: 5.81µg (96.86%), Zinc: 8.15mg (54.31%), Selenium: 35.9µg (51.28%), Vitamin C: 34.31mg (41.59%), Phosphorus: 279.21mg (27.92%), Vitamin K: 26.72µg (25.45%), Vitamin B6: 0.49mg (24.47%), Vitamin B3: 4.04mg (20.18%), Iron: 3.51mg (19.49%), Vitamin B2: 0.31mg (18.45%), Potassium: 518.71mg (14.82%), Calcium: 141.37mg (14.14%), Vitamin B5: 1.32mg (13.16%), Vitamin A: 600.27IU (12.01%), Magnesium: 42.73mg (10.68%), Vitamin B1: 0.15mg (9.91%), Copper: 0.18mg (9.05%), Fiber: 2.02g (8.09%), Folate: 31.09µg (7.77%), Manganese: 0.15mg (7.34%), Vitamin E: 0.89mg (5.94%)