

health-score74%

HEALTH SCORE

Grilled Steak With Barley Salad

 Dairy Free  Very Healthy

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach
- ☐ 1 cup button mushrooms thinly sliced
- ☐ 2 small carrots sliced
- ☐ 2 stalks celery halved lengthwise sliced
- ☐ 2 teaspoons dijon mustard
- ☐ 1 juice of lemon finely grated
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 1 cup quick-cooking barley
- ☐ 4 scallions thinly sliced
- ☐ 1.3 pound rump steak boneless
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Preheat a grill to high. Pierce the steak in a few spots with a fork and season with salt and pepper.
- ☐ Mix the Worcestershire sauce and 1 tablespoon olive oil in a large bowl; add the steak and turn to coat. Grill the steak until marked on both sides and a thermometer inserted sideways into the center registers 125 degrees F, about 7 minutes per side.
- ☐ Transfer to a cutting board and let rest 5 to 10 minutes.
- ☐ Meanwhile, cook the barley as the label directs, then remove from the heat. Stir in the carrots, celery, spinach, mushrooms and scallions; cover and set aside.
- ☐ Whisk the lemon zest and juice, the mustard and the remaining 2 tablespoons olive oil in a bowl.
- ☐ Add the barley mixture and toss. Season with salt and pepper.
- ☐ Thinly slice the steak against the grain and season with salt and pepper. Divide among plates and serve with the barley salad.
- ☐ Per serving: Calories 436; Fat 17 g (Saturated 4 g); Cholesterol 58 mg; Sodium 358 mg; Carbohydrate 37 g; Fiber 6 g; Protein 36 g
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



 **PROTEIN 23.45%**  **FAT 47.25%**  **CARBS 29.3%**

Properties

Glycemic Index:51.71, Glycemic Load:1.31, Inflammation Score:-10, Nutrition Score:34.644782514676%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 614.62kcal (30.73%), Fat: 32.43g (49.9%), Saturated Fat: 10.14g (63.37%), Carbohydrates: 45.25g (15.08%), Net Carbohydrates: 35.28g (12.83%), Sugar: 3.19g (3.55%), Cholesterol: 79.38mg (26.46%), Sodium: 406.1mg (17.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.21g (72.43%), Vitamin A: 5809.37IU (116.19%), Vitamin K: 113.95µg (108.52%), Vitamin B12: 3.95µg (65.84%), Selenium: 45.68µg (65.26%), Manganese: 0.91mg (45.59%), Vitamin B3: 8.85mg (44.22%), Phosphorus: 408.55mg (40.86%), Zinc: 6.08mg (40.53%), Fiber: 9.97g (39.87%), Vitamin B6: 0.78mg (39.19%), Iron: 5.26mg (29.2%), Vitamin B2: 0.48mg (28.29%), Potassium: 943.44mg (26.96%), Copper: 0.46mg (22.89%), Magnesium: 91.44mg (22.86%), Vitamin B1: 0.3mg (20.29%), Folate: 73.52µg (18.38%), Vitamin E: 2.13mg (14.2%), Vitamin C: 11.57mg (14.02%), Vitamin B5: 1.09mg (10.88%), Calcium: 71.82mg (7.18%)