



Grilled Steak with Black-Eyed Peas

 **Gluten Free**  **Dairy Free**

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

562 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 12 ounce black-eyed peas drained and rinsed canned
- ☐ 4 basil leaves fresh
- ☐ 1 tablespoon chives fresh chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 2 plum tomatoes diced seeded
- ☐ 1 medium onion red sliced into rings
- ☐ 2 teaspoons red wine vinegar

- ☐ 1.5 pounds skirt steak dry
- ☐ 2 bunches baby turnips trimmed peeled quartered cut into chunks

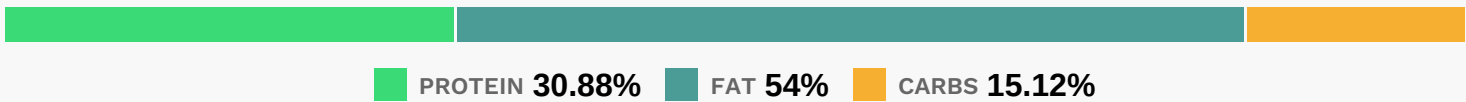
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Preheat a grill pan over high heat. Grill the onion rings until charred, about 2 minutes per side. If the steak is too large to fit in the pan, cut it in half.
- ☐ Combine 3 tablespoons olive oil, 1 teaspoon salt and 1/2 teaspoon pepper in a bowl, then brush over the meat. Grill the steak until slightly charred, 3 to 4 minutes per side for medium-rare.
- ☐ Transfer to a cutting board and let rest at least 5 minutes.
- ☐ Meanwhile, heat the remaining 3 tablespoons olive oil in a large skillet over medium heat.
- ☐ Add the turnips and cook until fork-tender, about 8 minutes.
- ☐ Add the black-eyed peas and tomatoes and cook until warmed through, about 3 minutes. Stir in the onion rings and vinegar and remove from the heat.
- ☐ Cut the steak into 3-inch-long sections along the grain, then thinly slice the meat against the grain. Stir the basil and chives into the black-eyed peas and serve with the steak.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:5.88, Inflammation Score:-7, Nutrition Score:29.261304456255%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 562.06kcal (28.1%), Fat: 34.15g (52.54%), Saturated Fat: 7.74g (48.38%), Carbohydrates: 21.51g (7.17%), Net Carbohydrates: 15.11g (5.49%), Sugar: 4.82g (5.36%), Cholesterol: 107.16mg (35.72%), Sodium: 313.1mg (13.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.95g (87.9%), Zinc: 12.16mg (81.07%), Vitamin B12: 3.62µg (60.38%), Selenium: 39.7µg (56.71%), Vitamin B3: 10.3mg (51.5%), Folate: 193.01µg (48.25%), Vitamin B6: 0.88mg (44.24%), Phosphorus: 411.03mg (41.1%), Vitamin B2: 0.61mg (35.63%), Manganese: 0.63mg (31.28%), Iron: 5.43mg (30.15%), Fiber: 6.4g (25.61%), Potassium: 852.32mg (24.35%), Vitamin E: 3.61mg (24.07%), Magnesium: 89.39mg (22.35%), Vitamin K: 22.46µg (21.39%), Copper: 0.4mg (20.08%), Vitamin B1: 0.3mg (19.93%), Vitamin B5: 1.4mg (14.02%), Vitamin C: 7.25mg (8.78%), Vitamin A: 338.89IU (6.78%), Calcium: 42.07mg (4.21%), Vitamin D: 0.17µg (1.13%)