



Meat Lite: Spring Greens and Strip Steak Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



599 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounces the salad your favorite (variety of the season)
- ☐ 3 tablespoons balsamic vinegar
- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings coarse salt
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 pound fingerling potatoes
- ☐ 1.5 teaspoons honey
- ☐ 2 tablespoons olive oil divided

- ☐ 2 pink lady apples
- ☐ 1 large shallots minced
- ☐ 1 pound new york strip steak

Equipment

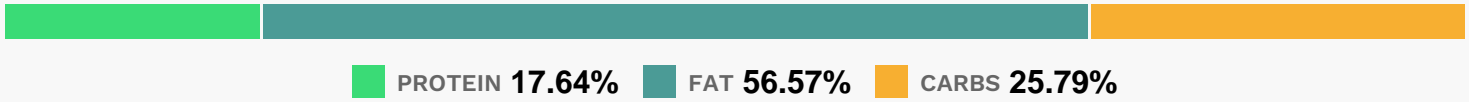
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ glass baking pan

Directions

- ☐ Preheat the oven to 375° F. Wash the greens well, spin or pat dry and set aside.
- ☐ Toss the potatoes with 1 tablespoon of the olive oil.
- ☐ Sprinkle with coarse salt and spread out in one layer on a baking sheet or in a glass baking dish. Roast in the preheated oven for 30 minutes, or until tender.
- ☐ Heat the other tablespoon of olive oil in a large sauté pan over medium-high heat.
- ☐ Add the shallot and sauté until soft and fragrant, just about 1-2 minutes.
- ☐ Remove the pan from the heat, scrape the shallots and oil into a small mixing bowl and reserve the pan.
- ☐ Add the honey and the vinegar to the warm shallots.
- ☐ Whisk together and add a pinch of coarse salt and a few grinds of black pepper.
- ☐ Whisk in the remaining olive oil to form an emulsion and set aside for the flavors to meld.
- ☐ Return the sauté pan to high heat (it should still have a slight coating of oil from the shallot sauté). Season the steak with coarse salt. When the pan is just about smoking, add the meat to it. Sear the steak on one side for 3-5 minutes, or until a crisp, brown crust has formed. Flip the meat over and transfer the pan to the oven.
- ☐ Remove the potatoes.

- ☐
- Let the meat cook in the oven for about 5–7 minutes for medium. When the meat has reached the desired doneness, remove and let rest for 5 minutes before slicing.
- ☐
- When the potatoes are just cool enough to handle, quarter them. Core and quarter the apple. Toss the warm potatoes and the apple with the greens and the vinaigrette. Slice the steak thinly and fan out on top of the salad. Season with additional salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:70.01, Glycemic Load:20.24, Inflammation Score:-6, Nutrition Score:20.357826398767%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 598.83kcal (29.94%), Fat: 37.85g (58.22%), Saturated Fat: 9.77g (61.06%), Carbohydrates: 38.83g (12.94%), Net Carbohydrates: 33.92g (12.33%), Sugar: 14.79g (16.43%), Cholesterol: 90.72mg (30.24%), Sodium: 273.73mg (11.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.55g (53.1%), Vitamin B6: 1.07mg (53.4%), Vitamin C: 35.26mg (42.74%), Selenium: 27.23µg (38.9%), Vitamin B3: 7.73mg (38.64%), Phosphorus: 309.08mg (30.91%), Potassium: 1027.92mg (29.37%), Zinc: 4.39mg (29.29%), Vitamin E: 3.56mg (23.74%), Fiber: 4.91g (19.64%), Vitamin B12: 1.11µg (18.52%), Iron: 3.18mg (17.68%), Vitamin K: 18.41µg (17.54%), Manganese: 0.32mg (15.85%), Magnesium: 61.32mg (15.33%), Vitamin B1: 0.2mg (13.64%), Copper: 0.26mg (12.82%), Vitamin B2: 0.21mg (12.18%), Folate: 48.65µg (12.16%), Vitamin B5: 1.12mg (11.16%), Vitamin A: 454.77IU (9.1%), Calcium: 56.23mg (5.62%)