



WHATSheATE



HEALTH SCORE

100%

Parsley-Poblano Salad with Orange-Glazed Beef



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 teaspoon balsamic vinegar



2 teaspoons balsamic vinegar



20 ounce beef tenderloin steaks



4 cups firmly flat-leaf parsley fresh packed (small sprigs)



1 garlic clove minced



2 garlic cloves smashed



0.5 teaspoon ground cumin

- ☐ 2 large navel oranges
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup orange juice fresh
- ☐ 0.3 teaspoon orange zest finely grated
- ☐ 0.5 teaspoon orange zest finely grated
- ☐ 2 poblano chiles
- ☐ 1 medium onion red thinly sliced
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.5 teaspoon sugar
- ☐ 1 pinch sugar

Equipment

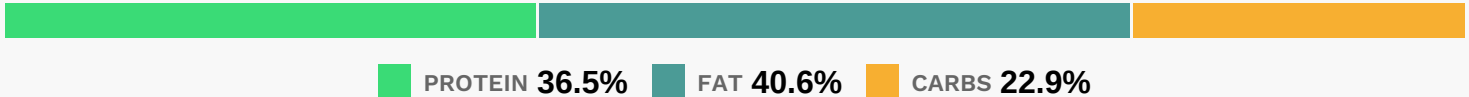
- ☐ bowl
- ☐ knife
- ☐ plastic wrap
- ☐ grill
- ☐ broiler

Directions

- ☐ Prepare the beef: In a shallow glass or ceramic dish, combine the vinegar, oil, garlic, orange zest and sugar. Rub the mixture over both sides of the steaks and let marinate at room temperature for at least 15 minutes or for up to 2 hours.
- ☐ Prepare the salad: Roast the poblanos directly over a gas flame or under the broiler, turning, until lightly charred all over; be careful not to burn off too much of their thin skins.
- ☐ Put the chiles in a small bowl, cover with plastic wrap and let steam for 5 minutes. Working over the bowl, peel off all the charred skins and remove the stems and seeds. Strain any accumulated poblano juices into a clean small bowl.
- ☐ Cut the chiles into thin 2-inch strips.

- ☐ In a large bowl, combine the chiles with the garlic, orange juice, oil, vinegar, sugar, orange zest, cumin and 1/2 teaspoon each of salt and pepper. Stir in any reserved poblano juices and set aside for 15 minutes.
- ☐ Light a grill or preheat the broiler. Peel the oranges with a sharp knife, taking care to remove all the bitter white pith.
- ☐ Cut in between the membranes to release the orange sections.
- ☐ Season the meat with salt and pepper. Grill or broil the steaks for about 3 minutes per side, or until nicely browned, crusty and medium- rare.
- ☐ Let the steaks rest for 5 minutes.
- ☐ Remove the garlic from the dressing in the bowl.
- ☐ Add the parsley and onion and toss well. Mound the salad on 4 large plates.
- ☐ Cut the steaks into thin slices and arrange alongside.
- ☐ Garnish with the orange sections and serve.
- ☐ Wine Recommendation: Pick a red with enough brisk acidity to cope with the raw citrus and sharp parsley. One option is an Italian Barbera, perhaps the 1994 Michele Chiarlo Barbera d'Asti or the 1993 Bruno Giacosa Barbera d'Alba.

Nutrition Facts



Properties

Glycemic Index:106.55, Glycemic Load:3.2, Inflammation Score:-10, Nutrition Score:36.440869580144%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 17.16mg, Hesperetin: 17.16mg, Hesperetin: 17.16mg, Hesperetin: 17.16mg Naringenin: 5.3mg, Naringenin: 5.3mg, Naringenin: 5.3mg, Naringenin: 5.3mg Apigenin: 129.29mg, Apigenin: 129.29mg, Apigenin: 129.29mg, Apigenin: 129.29mg Luteolin: 3.96mg, Luteolin: 3.96mg, Luteolin: 3.96mg, Luteolin: 3.96mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 8.96mg, Myricetin: 8.96mg, Myricetin: 8.96mg, Myricetin: 8.96mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

Nutrients (% of daily need)

Calories: 377.12kcal (18.86%), Fat: 17.21g (26.48%), Saturated Fat: 4.36g (27.23%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 16.71g (6.08%), Sugar: 11.69g (12.99%), Cholesterol: 90.72mg (30.24%), Sodium: 310.93mg (13.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.82g (69.65%), Vitamin K: 995.1µg (947.71%), Vitamin C: 180.02mg (218.21%), Vitamin A: 5483.95IU (109.68%), Selenium: 43.79µg (62.55%), Vitamin B6: 1.19mg (59.65%), Vitamin B3: 10.58mg (52.88%), Zinc: 6.5mg (43.33%), Phosphorus: 375.14mg (37.51%), Folate: 149.46µg (37.36%), Iron: 6.65mg (36.95%), Potassium: 1144.28mg (32.69%), Vitamin B12: 1.32µg (21.97%), Magnesium: 82.72mg (20.68%), Fiber: 5.14g (20.57%), Vitamin B1: 0.27mg (18.08%), Vitamin B2: 0.29mg (17.31%), Calcium: 166.29mg (16.63%), Vitamin E: 2.39mg (15.93%), Vitamin B5: 1.48mg (14.79%), Manganese: 0.29mg (14.68%), Copper: 0.29mg (14.58%)