



Pepper-Grilled Steak with Chopped Summer Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby arugula chopped
- ☐ 1.3 teaspoons kosher salt
- ☐ 0.5 cup feta cheese crumbled
- ☐ 2 large garlic clove pressed
- ☐ 1.8 teaspoons pepper black
- ☐ 4 teaspoons jalapeno seeded finely chopped
- ☐ 3 tablespoons kalamata olives pitted chopped

- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 cup onion diced red generous ()
- ☐ 1 cup tomatoes diced
- ☐ 2 pound beef top sirloin steaks

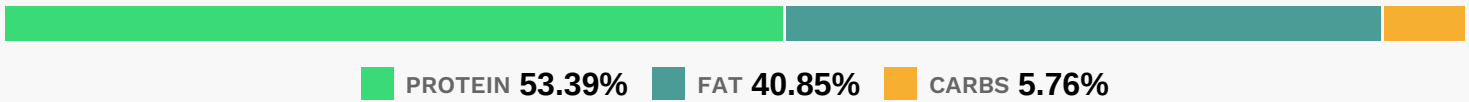
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Mix garlic, pepper, and 1 1/4 teaspoons coarse salt in small bowl; rub all over steak.
- ☐ Let stand at room temperature 1 hour.
- ☐ Spray barbecue grill with nonstick spray. Prepare barbecue (medium-high heat). Grill steak until charred and cooked to desired doneness, about 7 minutes per side for medium-rare.
- ☐ Let rest 10 minutes.
- ☐ Mix tomatoes and all remaining ingredients in medium bowl. Season totaste with salt and pepper. Thinly slice steak; arrange on plate. Spoon salad over steak and serve.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:0.89, Inflammation Score:-5, Nutrition Score:19.448260715474%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 276.44kcal (13.82%), Fat: 12.27g (18.88%), Saturated Fat: 4.23g (26.44%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 2.92g (1.06%), Sugar: 1.46g (1.62%), Cholesterol: 100.33mg (33.44%), Sodium: 777.18mg (33.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.09g (72.19%), Selenium: 48.74µg (69.63%), Vitamin B6: 1.07mg (53.51%), Vitamin B3: 10.14mg (50.72%), Zinc: 6.51mg (43.43%), Phosphorus: 376.19mg (37.62%), Vitamin B12: 1.63µg (27.21%), Potassium: 659.99mg (18.86%), Vitamin B2: 0.3mg (17.82%), Iron: 2.78mg (15.47%), Vitamin B5: 1.19mg (11.88%), Calcium: 112.98mg (11.3%), Magnesium: 44.98mg (11.25%), Vitamin C: 9.15mg (11.1%), Vitamin K: 11.29µg (10.75%), Vitamin B1: 0.15mg (10.28%), Vitamin E: 1.38mg (9.2%), Manganese: 0.17mg (8.6%), Folate: 34.3µg (8.57%), Copper: 0.16mg (8.01%), Vitamin A: 393.91IU (7.88%), Fiber: 0.97g (3.89%)