



Pork Blade Steaks with Nduja and Honey and Arugula Salad

 Gluten Free

READY IN



150 min.

SERVINGS



4

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 ounce baby arugula
- ☐ 6 tablespoons kosher salt (for sprinkling)
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 0.5 cup pecorino cheese grated
- ☐ 4.5 inch pork steaks (each 10 inches long and)

- ☐ 3 tablespoons sugar
- ☐ 3 cups water

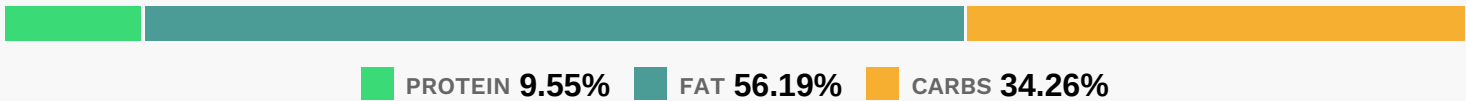
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking pan

Directions

- ☐ Combine 3 cups water, 6 tablespoons coarse salt, and sugar in 15 x 10 x 2-inch glass baking dish. Stir until salt and sugar dissolve.
- ☐ Place pork steaks in brine in baking dish. Cover and chill at least 2 hours and up to 4 hours.
- ☐ Remove pork steaks from brine; pat dry.
- ☐ Brush both sides of steaks with 1 tablespoon oil; sprinkle with coarse salt and pepper.
- ☐ Heat griddle over medium-high heat until almost smoking.
- ☐ Place steaks on griddle and cook 3 minutes. Turn steaks over on griddle; immediately top each steak with nduja slices, dividing equally. Cook until pork is cooked through, about 3 minutes longer (nduja will soften).
- ☐ Transfer steaks to platter, nduja side down. Spoon 1/2 tablespoon honey over each.
- ☐ Toss arugula, cheese, lemon juice, and 2 tablespoons oil in bowl. Season salad with coarse salt and pepper; serve with steaks.
- ☐ A robust red wine would be terrific with the pork. The Quinta da Garrida 2007 Vinho Tinto (Portugal, \$11) is a good choice.

Nutrition Facts



Properties

Glycemic Index:45.34, Glycemic Load:11.15, Inflammation Score:-6, Nutrition Score:7.7313043345576%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.36mg, Kaempferol: 12.36mg, Kaempferol: 12.36mg, Kaempferol: 12.36mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 221.22kcal (11.06%), Fat: 14.3g (22%), Saturated Fat: 3.68g (22.98%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 19.02g (6.92%), Sugar: 18.51g (20.57%), Cholesterol: 14.71mg (4.9%), Sodium: 10635.71mg (462.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Vitamin K: 45.22µg (43.07%), Calcium: 202.95mg (20.3%), Vitamin A: 893.02IU (17.86%), Phosphorus: 119.92mg (11.99%), Vitamin E: 1.71mg (11.37%), Folate: 36.21µg (9.05%), Vitamin C: 6.82mg (8.27%), Manganese: 0.15mg (7.64%), Magnesium: 24.89mg (6.22%), Vitamin B2: 0.09mg (5.53%), Iron: 0.85mg (4.71%), Potassium: 162.97mg (4.66%), Zinc: 0.66mg (4.37%), Selenium: 2.89µg (4.13%), Copper: 0.08mg (3.75%), Vitamin B6: 0.06mg (2.78%), Vitamin B12: 0.17µg (2.77%), Vitamin B5: 0.26mg (2.65%), Vitamin B1: 0.04mg (2.47%), Fiber: 0.6g (2.4%), Vitamin B3: 0.26mg (1.3%)