






 **74%**
HEALTH SCORE

Roasted Vegetable-Steak Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN

35 min.

SERVINGS

4

CALORIES

484 kcal

SIDE DISH **LUNCH** **MAIN COURSE** **MAIN DISH**

Ingredients

- 3 heads belgian endive thinly sliced
- 4 carrots thinly sliced
- 8 ounces green beans trimmed
- 1 teaspoon penzey's southwest seasoning italian
- 4 servings kosher salt and pepper freshly ground
- 2 tablespoons olive oil extra-virgin
- 1 small onion red thinly sliced
- 0.3 cup red wine vinegar

- 1 head romaine lettuce thinly sliced
- 2 small russet potatoes thinly sliced
- 1 pound rump steak trimmed (1/)
- 5.5 tablespoons whole-grain mustard

Equipment

- bowl
- frying pan
- baking sheet
- oven
- cutting board

Directions

- Preheat the oven to 400 degrees F.
- Place the green beans and onion on 1 baking sheet and the carrots and potatoes on another; toss each with 1/2 tablespoon olive oil and 1/2 tablespoon mustard. Season with salt and pepper. Roast until tender and crisp, about 12 minutes for the beans and onion, and about 20 minutes for the carrots and potatoes.
- Sprinkle the steak with the Italian seasoning and 1/4 teaspoon each salt and pepper.
- Heat the remaining 1 tablespoon olive oil in a large skillet over medium-high heat.
- Add the steak; cook 3 to 4 minutes per side for medium rare.
- Transfer to a cutting board and let rest 5 minutes.
- Let the skillet cool slightly, then add the vinegar, the remaining 1/2 tablespoon mustard and 1/4 teaspoon salt. Cook over medium heat, scraping up any browned bits, about 1 minute.
- Toss the romaine and endive with the roasted vegetables and all but 1 tablespoon of the vinegar mixture in a large bowl. Slice the steak; serve over the salad.
- Drizzle with the reserved vinegar mixture.
- Photograph by Justin Walker

Nutrition Facts



■ PROTEIN 24.64% ■ FAT 46.27% ■ CARBS 29.09%

Properties

Glycemic Index:60.4, Glycemic Load:15.77, Inflammation Score:-10, Nutrition Score:37.130434616752%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 10.7mg, Quercetin: 10.7mg, Quercetin: 10.7mg, Quercetin: 10.7mg

Nutrients (% of daily need)

Calories: 484.47kcal (24.22%), Fat: 25.4g (39.08%), Saturated Fat: 7.99g (49.96%), Carbohydrates: 35.94g (11.98%), Net Carbohydrates: 25.51g (9.28%), Sugar: 8.61g (9.56%), Cholesterol: 63.5mg (21.17%), Sodium: 547.52mg (23.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.43g (60.87%), Vitamin A: 24249.11IU (484.98%), Vitamin K: 202.12µg (192.49%), Folate: 284.41µg (71.1%), Vitamin B6: 1.07mg (53.66%), Vitamin B12: 3.15µg (52.54%), Potassium: 1573.44mg (44.96%), Fiber: 10.43g (41.72%), Manganese: 0.79mg (39.7%), Selenium: 27.33µg (39.04%), Phosphorus: 376.43mg (37.64%), Iron: 6.07mg (33.71%), Vitamin B3: 6.74mg (33.68%), Zinc: 4.87mg (32.46%), Vitamin B1: 0.46mg (30.65%), Vitamin C: 24.94mg (30.23%), Vitamin B2: 0.47mg (27.4%), Magnesium: 104.21mg (26.05%), Copper: 0.37mg (18.49%), Calcium: 146.55mg (14.66%), Vitamin E: 2.02mg (13.49%), Vitamin B5: 1.28mg (12.82%)