



Seared Asian Steak and Mushrooms on Mixed Greens with Ginger Dressing

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon sriracha
- 8 ounces crimini mushrooms quartered (baby bella)
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh minced peeled
- 8 cups the salad mixed
- 24 ounce beef rib steak
- 2 tablespoons seasoned rice vinegar

- 0.1 teaspoon sesame oil divided
- 2 tablespoons sesame seed toasted
- 2 tablespoons soya sauce
- 4.5 teaspoons vegetable oil divided

Equipment

- bowl
- frying pan

Directions

- Mix soy sauce, rice vinegar, 1 1/2 teaspoons vegetable oil, minced ginger, chili-garlic sauce, and 1/8 teaspoon sesame oil in small bowl.
- Add cilantro and stir to blend. Set dressing aside.
- Rub 1/4 teaspoon sesame oil over each side of each rib-eye steak.
- Sprinkle steaks with salt, pepper, and toasted sesame seeds; press firmly to adhere.
- Heat 2 teaspoons vegetable oil in large nonstick skillet over medium-high heat.
- Add mushrooms; sauté until browned, about 8 minutes. Season to taste with salt and pepper.
- Transfer sautéed mushrooms to plate.
- Add 1 teaspoon vegetable oil and 1 teaspoon sesame oil to skillet; heat over medium-high heat.
- Add steaks; cook to desired doneness, 3 to 4 minutes per side for medium-rare.
- Transfer steaks to cutting board. Slice steaks. Toss mixed greens with dressing in large bowl; divide greens among plates. Top with steak slices and mushrooms and serve.
- Per serving: 508 calories, 33 g fat, 3 g fiber
- Bon Appétit

Nutrition Facts

 **PROTEIN 33.1%**  **FAT 60.91%**  **CARBS 5.99%**

Properties

Glycemic Index:36.75, Glycemic Load:0.27, Inflammation Score:-7, Nutrition Score:26.583478274553%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 457.05kcal (22.85%), Fat: 31.37g (48.26%), Saturated Fat: 11.79g (73.67%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 5.98g (2.17%), Sugar: 1.29g (1.43%), Cholesterol: 103.76mg (34.59%), Sodium: 647.39mg (28.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.35g (76.7%), Selenium: 58.07µg (82.96%), Zinc: 9.88mg (65.85%), Vitamin B3: 11.48mg (57.41%), Vitamin B12: 2.88µg (48.01%), Vitamin B2: 0.75mg (44.13%), Vitamin B6: 0.86mg (42.95%), Phosphorus: 382.43mg (38.24%), Copper: 0.64mg (31.91%), Potassium: 897.9mg (25.65%), Iron: 4.48mg (24.91%), Vitamin C: 18.92mg (22.93%), Vitamin A: 1002.15IU (20.04%), Vitamin B1: 0.27mg (17.71%), Manganese: 0.35mg (17.7%), Magnesium: 68.36mg (17.09%), Vitamin K: 14.98µg (14.27%), Folate: 55.19µg (13.8%), Vitamin B5: 0.99mg (9.92%), Calcium: 74.74mg (7.47%), Fiber: 0.97g (3.89%), Vitamin E: 0.46mg (3.07%), Vitamin D: 0.23µg (1.51%)