



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 asian chili-garlic sauce
- ☐ 8 ounces crimini mushrooms quartered (baby bella)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 8 cups greens mixed
- ☐ 24 ounce rib-eye steaks
- ☐ 2 tablespoons seasoned rice vinegar

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

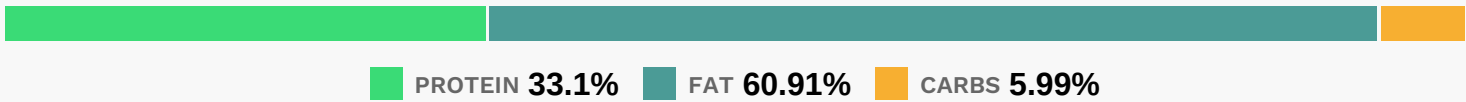
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix soy sauce, rice vinegar, 1 1/2 teaspoonsvegetable oil, minced ginger, chili-garlicsauce, and 1/8 teaspoon sesame oil insmall bowl.
- ☐ Add cilantro and stir to blend.Set dressing aside.
- ☐ Rub 1/4 teaspoon sesame oil over eachside of each rib-eye steak.
- ☐ Sprinkle steakswith salt, pepper, and toasted sesame seeds; press firmly to adhere.
- ☐ Heat2 teaspoons vegetable oil in large nonstickskillet over medium-high heat.
- ☐ Addmushrooms; sauté until browned, about8 minutes. Season to taste with salt andpepper.
- ☐ Transfer sautéed mushrooms toplate.
- ☐ Add 1 teaspoon vegetable oil and1 teaspoon sesame oil to skillet; heat overmedium-high heat.
- ☐ Add steaks; cook todesired doneness, 3 to 4 minutes per sidefor medium-rare.
- ☐ Transfer steaks to cuttingboard. Slice steaks. Toss mixed greenswith dressing in large bowl; divide greensamong plates. Top with steak slices andmushrooms and serve.
- ☐ Per serving: 508 calories, 33 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



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: Og (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%)