



Seared Rib-Eye Steak with Arugula and Roasted Pepper Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



925 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups arugula dry washed and spun
- 2 tablespoons balsamic vinegar
- 4 servings kosher salt and pepper black freshly ground
- 6 tablespoons olive oil extra-virgin for brushing
- 8 ounces block parmesan
- 2 pound rib-eye steaks 1-inch-thick ()
- 5.5 cups roasted peppers dry rinsed

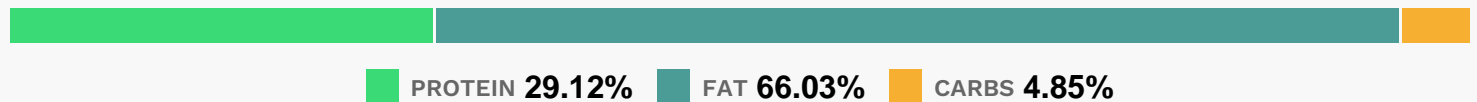
Equipment

- bowl
- frying pan
- whisk
- peeler

Directions

- Watch how to make this recipe.
- In a large saute pan, heat 2 tablespoons olive oil. Season steaks with salt and pepper. When pan starts to smoke, carefully add steaks. Allow the steaks to cook for about 3 to 4 minutes on 1 side, without moving or piercing the meat. This will help create a good, crusty sear. When steaks are brown, flip and sear the other side for 3 to 4 minutes.
- Remove meat to a large plate and allow to rest for 10 minutes.
- Decoratively line a large platter with arugula. Tear the roasted peppers into large pieces and scatter over the arugula. In a small bowl, whisk in the remaining olive oil, balsamic vinegar and any meat juices that may have collected on the plate from the steaks. Season with salt and pepper.
- Slice the steaks across the grain and on a bias into 1 1/2-inch thick pieces.
- Lay the slices on top of the salad and drizzle with dressing. Using a vegetable peeler, shave about Parmesan over the dish.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.28, Inflammation Score:-9, Nutrition Score:41.985217021859%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 925.33kcal (46.27%), Fat: 68.39g (105.22%), Saturated Fat: 26.57g (166.05%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 8.73g (3.18%), Sugar: 1.96g (2.18%), Cholesterol: 176.9mg (58.97%), Sodium: 3667.91mg (159.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.88g (135.76%), Vitamin C: 91.76mg (111.23%), Selenium: 68.72µg (98.18%), Zinc: 13.62mg (90.79%), Calcium: 792.93mg (79.29%), Phosphorus: 768.06mg (76.81%), Vitamin B12: 4.45µg (74.09%), Vitamin B6: 1.31mg (65.52%), Vitamin B3: 12.36mg (61.82%), Vitamin B2: 0.8mg (47.12%), Vitamin A: 1834.34IU (36.69%), Iron: 6.31mg (35.05%), Vitamin K: 33.52µg (31.93%), Potassium: 1006.88mg (28.77%), Magnesium: 101.93mg (25.48%), Copper: 0.46mg (23.01%), Vitamin E: 3.21mg (21.43%), Manganese: 0.39mg (19.54%), Vitamin B1: 0.28mg (18.44%), Folate: 56.14µg (14.03%), Fiber: 2.58g (10.3%), Vitamin B5: 0.4mg (3.97%), Vitamin D: 0.51µg (3.4%)