



Seared Steak Salad with Roasted Peppers and Arugula

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounce arugula
- ☐ 2.5 tablespoons balsamic vinegar
- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 cup bread french cubed (1-inch)
- ☐ 3 tablespoons basil fresh minced
- ☐ 4 garlic cloves divided minced

- ☐ 1 tablespoon honey
- ☐ 2 teaspoons mustard prepared
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons oregano fresh minced
- ☐ 2 cups bottled roasted bell peppers red drained cut into strips
- ☐ 0.3 teaspoon salt

Equipment

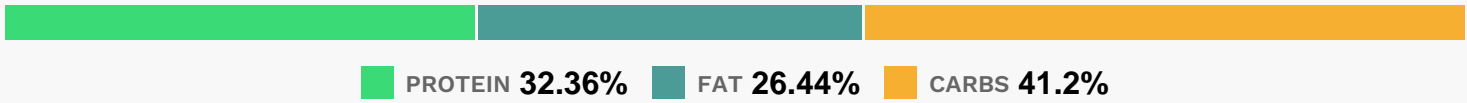
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 6 ingredients in a small bowl; stir in 2 minced garlic cloves.
- ☐ Add bell pepper strips; toss well, and set aside.
- ☐ Heat a medium nonstick skillet over medium-high heat.
- ☐ Sprinkle steaks evenly with salt and black pepper; coat steaks with cooking spray.
- ☐ Add steaks to pan; cook 6 minutes on each side or until medium-rare or desired degree of doneness.
- ☐ Remove from pan; let stand 10 minutes.
- ☐ While steaks stand, combine bread cubes and remaining minced garlic; toss well.
- ☐ Spread bread cubes in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake at 375 for 8 minutes or until golden brown.
- ☐ While bread bakes, place about 1 1/2 cups arugula on each of 4 plates.
- ☐ Cut steaks diagonally across grain into thin slices.

- ☐
- Remove bell pepper from bowl with a slotted spoon, reserving marinade. Divide steak and bell pepper evenly among salads.
- ☐
- Drizzle reserved marinade evenly over each salad; top each salad with 1/4 cup croutons.

Nutrition Facts



Properties

Glycemic Index:95.94, Glycemic Load:27.25, Inflammation Score:-10, Nutrition Score:34.891304223434%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 414.31kcal (20.72%), Fat: 12.16g (18.7%), Saturated Fat: 3.36g (21%), Carbohydrates: 42.64g (14.21%), Net Carbohydrates: 39.07g (14.21%), Sugar: 8.8g (9.78%), Cholesterol: 72.57mg (24.19%), Sodium: 1580.98mg (68.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.48g (66.97%), Vitamin K: 187.67µg (178.74%), Selenium: 53.44µg (76.34%), Vitamin A: 3785.44IU (75.71%), Vitamin B3: 10.86mg (54.31%), Vitamin C: 43.77mg (53.06%), Vitamin B6: 1.02mg (50.77%), Manganese: 0.91mg (45.28%), Folate: 171.21µg (42.8%), Vitamin B1: 0.56mg (37.47%), Zinc: 5.54mg (36.94%), Iron: 6.27mg (34.86%), Phosphorus: 342.29mg (34.23%), Vitamin B2: 0.49mg (28.7%), Potassium: 818.2mg (23.38%), Magnesium: 87.73mg (21.93%), Vitamin B12: 1.05µg (17.58%), Copper: 0.34mg (17.08%), Calcium: 148.53mg (14.85%), Fiber: 3.57g (14.27%), Vitamin E: 1.91mg (12.7%), Vitamin B5: 1.02mg (10.24%)