






 **54%**
HEALTH SCORE

Skirt Steak and Horseradish Potato Salad

 **Gluten Free**  **Dairy Free**

READY IN

50 min.

SERVINGS

4

CALORIES

630 kcal

SIDE DISH

Ingredients

- 3 large garlic clove
- 10 ounce grape tomatoes
- 3 tablespoons horseradish prepared
- 7 tablespoons olive oil extra virgin extra-virgin divided
- 4 large shallots cut into thin rounds (2 cups)
- 1.3 pounds skirt steak cut into 4 pieces
- 8 ounces sugar snap peas
- 2 bunches watercress

- 1.5 tablespoons citrus champagne vinegar
- 1.5 pounds yukon gold potatoes peeled cut into 1/3-inch-thick rounds (4)

Equipment

- bowl
- frying pan
- whisk
- cutting board

Directions

- Press garlic into small bowl.
- Whisk in prepared horseradish and white wine vinegar, then 6 tablespoons oil. Season dressing to taste with salt and pepper.
- Mix in sliced shallots. Steam potatoes until tender, about 12 minutes.
- Place potatoes in large bowl and let cool slightly.
- Add grape tomatoes and sugar snap peas to potatoes in bowl. Gently toss with enough dressing to coat and season to taste with salt and pepper.
- Heat 1 tablespoon extra-virgin olive oil in heavy large nonstick skillet over high heat.
- Sprinkle skirt steak with salt and pepper. Sear skirt steak until crusty and medium-rare, 3 to 4 minutes per side.
- Transfer steak to cutting board and let rest 5 minutes. Thinly slice steak on slight diagonal across grain.
- Divide watercress among 4 plates; drizzle with more dressing. Top with horseradish potato salad, then steak slices.
- Serve with remaining dressing alongside.
- Per serving: Calories (kcal) 739.3, % Calories from Fat 54.0, Fat (g) 44.4, Saturated Fat (g) 11.5, Cholesterol (mg) 66.9, Carbohydrates (g) 51.5, Dietary Fiber (g) 5.6, Total Sugars (g) 8.5, Protein (g) 33.9
- Bon Appétit

Nutrition Facts



■ PROTEIN 23.33% ■ FAT 49.8% ■ CARBS 26.87%

Properties

Glycemic Index:62.19, Glycemic Load:24.05, Inflammation Score:-9, Nutrition Score:37.375217372956%

Flavonoids

Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 4.31mg, Kaempferol: 4.31mg, Kaempferol: 4.31mg, Kaempferol: 4.31mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 630.2kcal (31.51%), Fat: 35.54g (54.67%), Saturated Fat: 7.41g (46.29%), Carbohydrates: 43.15g (14.38%), Net Carbohydrates: 35.8g (13.02%), Sugar: 8.37g (9.3%), Cholesterol: 89.3mg (29.77%), Sodium: 166.27mg (7.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.47g (74.94%), Vitamin C: 88.14mg (106.84%), Vitamin B6: 1.4mg (70.21%), Vitamin K: 71.52µg (68.11%), Zinc: 10.13mg (67.54%), Vitamin B3: 10.73mg (53.66%), Vitamin B12: 3.02µg (50.32%), Selenium: 33.14µg (47.34%), Potassium: 1575.27mg (45.01%), Phosphorus: 392.19mg (39.22%), Manganese: 0.75mg (37.75%), Vitamin B2: 0.59mg (34.82%), Vitamin A: 1621.74IU (32.43%), Iron: 5.77mg (32.03%), Vitamin E: 4.43mg (29.52%), Fiber: 7.35g (29.39%), Magnesium: 103.41mg (25.85%), Vitamin B1: 0.36mg (24.27%), Copper: 0.43mg (21.67%), Folate: 82.02µg (20.5%), Vitamin B5: 1.95mg (19.49%), Calcium: 95.59mg (9.56%)