



Sliced Steak with Arugula



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 oz baby arugula
- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 0.8 teaspoon pepper black
- ☐ 1 large sprig rosemary leaves fresh
- ☐ 2 large garlic clove smashed
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 4 servings pepper black freshly ground
- ☐ 1.5 tablespoons red-wine vinegar

- ☐ 1 teaspoon salt
- ☐ 1 large shallots thinly sliced
- ☐ 1 lb pork loin chops boneless ()

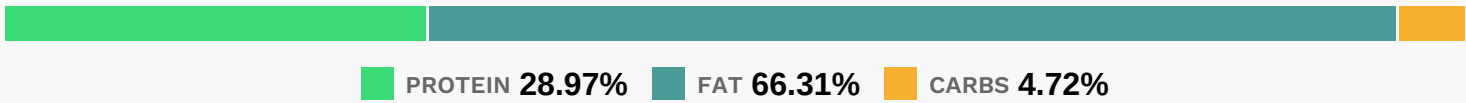
Equipment

- ☐ frying pan
- ☐ tongs

Directions

- ☐ Mound arugula on a large platter.
- ☐ Heat oil with garlic and rosemary in a 12-inch heavy skillet over high heat, turning garlic once or twice, until garlic is golden, about 4 minutes. Discard garlic and rosemary.
- ☐ Meanwhile, cut steak crosswise into 1/8-inch-thick slices and toss with 3/4 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Add meat to skillet all at once and sauté over high heat, tossing with tongs to color evenly, about 1 minute for medium-rare. Arrange steak over arugula using tongs, then add shallot to oil in skillet along with vinegars and remaining 1/4 teaspoon each of salt and pepper and boil 2 minutes.
- ☐ Pour dressing over steak and serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:1.2, Inflammation Score:-7, Nutrition Score:19.240434874659%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.37mg, Kaempferol: 12.37mg, Kaempferol: 12.37mg, Kaempferol: 12.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 358.06kcal (17.9%), Fat: 26.13g (40.21%), Saturated Fat: 5.3g (33.14%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.26g (1.19%), Sugar: 2.13g (2.37%), Cholesterol: 75.98mg (25.33%), Sodium: 648.67mg (28.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.68g (51.37%), Selenium: 37.95µg (54.22%), Vitamin B1: 0.78mg (51.95%), Vitamin K: 50.32µg (47.92%), Vitamin B3: 9.19mg (45.97%), Vitamin B6: 0.89mg (44.54%), Phosphorus: 283.11mg (28.31%), Vitamin E: 2.9mg (19.34%), Potassium: 596.32mg (17.04%), Vitamin A: 849.17IU (16.98%), Vitamin B2: 0.24mg (14.36%), Zinc: 1.98mg (13.2%), Magnesium: 49.62mg (12.41%), Manganese: 0.24mg (11.89%), Vitamin B5: 1.01mg (10.13%), Vitamin B12: 0.6µg (10.02%), Folate: 36.65µg (9.16%), Iron: 1.41mg (7.82%), Vitamin C: 6.32mg (7.66%), Calcium: 74.35mg (7.43%), Copper: 0.11mg (5.47%), Fiber: 0.92g (3.69%), Vitamin D: 0.45µg (3.02%)