



Sliced Steak with Nectarines and Arugula

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounce arugula
- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1.3 pound flank steak trimmed cut into 1/8-inch-thick slices
- ☐ 2 garlic cloves crushed
- ☐ 1 teaspoon kosher salt
- ☐ 4 teaspoons juice of lemon fresh

- ☐ 2 medium nectarines pitted cut into 1/4-inch wedges (2/3 pound)
- ☐ 2 teaspoons olive oil
- ☐ 1 ounce parmigiano-reggiano cheese shaved thin
- ☐ 0.3 cup shallots thinly sliced (1 large)

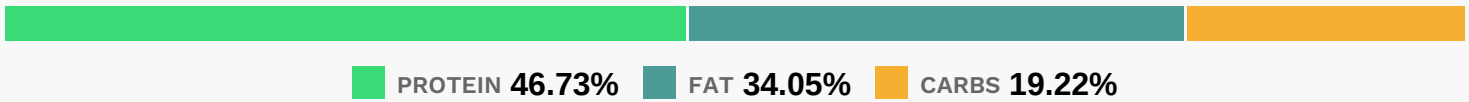
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Place oil and garlic in a large nonstick skillet over medium heat; cook 4 minutes or until garlic is lightly browned, stirring occasionally.
- ☐ Remove garlic with a slotted spoon, and discard. Increase heat to medium-high.
- ☐ Sprinkle steak evenly with salt and peppers.
- ☐ Add steak to pan; saut 1 minute or until desired degree of doneness.
- ☐ Transfer steak to a large bowl.
- ☐ Add arugula to bowl; toss well.
- ☐ Wipe pan dry with a paper towel. Coat pan with cooking spray. Reduce heat to medium.
- ☐ Add shallots and balsamic vinegar to pan; cook 2 minutes or until shallots are soft, stirring occasionally.
- ☐ Add nectarine slices to pan; cook 30 seconds, tossing to coat.
- ☐ Add nectarine mixture and juice to steak mixture; toss gently.
- ☐ Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:48.8, Glycemic Load:3.71, Inflammation Score:-7, Nutrition Score:18.147391337415%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 244.5kcal (12.23%), Fat: 9.15g (14.07%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 9.65g (3.51%), Sugar: 7.91g (8.79%), Cholesterol: 71.89mg (23.96%), Sodium: 638.76mg (27.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.24g (56.48%), Selenium: 35.23µg (50.33%), Vitamin B6: 0.8mg (40.1%), Vitamin B3: 7.87mg (39.34%), Vitamin K: 35.14µg (33.47%), Zinc: 4.85mg (32.34%), Phosphorus: 312.28mg (31.23%), Vitamin A: 966.97IU (19.34%), Potassium: 649.96mg (18.57%), Vitamin B12: 1.1µg (18.33%), Iron: 2.73mg (15.14%), Calcium: 150.13mg (15.01%), Folate: 52.33µg (13.08%), Magnesium: 51.53mg (12.88%), Manganese: 0.24mg (12.23%), Vitamin B2: 0.2mg (11.54%), Vitamin C: 9.09mg (11.01%), Vitamin B5: 1.03mg (10.32%), Copper: 0.18mg (8.92%), Vitamin B1: 0.13mg (8.61%), Fiber: 1.97g (7.87%), Vitamin E: 1.13mg (7.54%)