



 **51%**
HEALTH SCORE

Steak-and-Blue Cheese Potato Salad

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



493 kcal

SIDE DISH

Ingredients

- 1 pound asparagus
- 1.5 pounds baby potatoes yellow halved
- 4 oz cheese blue crumbled
- 1.5 lb flank steak
- 1 garlic clove pressed
- 3 tablespoons juice of lemon
- 1 teaspoon lemon zest
- 1 tablespoon mustard coarse-grained

- 0.3 cup olive oil
- 2 tablespoons olive oil
- 1 teaspoon pepper freshly ground
- 1 bell pepper red cut into fourths
- 1 onion red cut into 8 wedges
- 0.5 cup red wine vinegar
- 0.5 teaspoon salt
- 1 teaspoon salt

Equipment

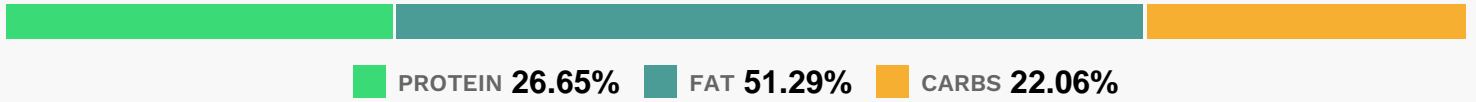
- bowl
- whisk
- grill
- aluminum foil
- tongs

Directions

- Preheat grill to 350 to 400 (medium-high) heat. Snap off and discard tough ends of asparagus.
- Place potatoes in a single layer in center of a large piece of heavy-duty aluminum foil, and drizzle with 2 Tbsp. olive oil. Bring up sides over potatoes; double fold top and side edges to seal, making a packet.
- Sprinkle steak with ground pepper and 1/2 tsp. salt.
- Grill steak, potatoes (in foil packet), asparagus, bell pepper, and onion at same time, covered with grill lid. Grill potatoes and steak 7 to 8 minutes on each side or until steak reaches desired degree of doneness and potatoes are done, using tongs to shake foil packet just before turning. Grill asparagus, bell pepper, and onion 4 to 5 minutes or until tender.
- Let steak and vegetables stand 10 minutes.
- Meanwhile, whisk together vinegar and next 6 ingredients in a small bowl.

- Place potatoes in a large bowl; toss with half of vinegar mixture, reserving remaining vinegar mixture.
- Cut steak diagonally across the grain into thin strips. Toss together steak, potatoes, and grilled vegetables, and top with blue cheese.
- Drizzle with reserved vinegar mixture.
- Note: We tested with Melissa's Dutch Yellow Baby Potatoes.

Nutrition Facts



Properties

Glycemic Index:49.29, Glycemic Load:15.78, Inflammation Score:-9, Nutrition Score:29.18130413864%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.17mg, Quercetin: 15.17mg, Quercetin: 15.17mg, Quercetin: 15.17mg

Nutrients (% of daily need)

Calories: 493.03kcal (24.65%), Fat: 28.15g (43.31%), Saturated Fat: 8.28g (51.75%), Carbohydrates: 27.23g (9.08%), Net Carbohydrates: 22.16g (8.06%), Sugar: 4.26g (4.73%), Cholesterol: 82.21mg (27.4%), Sodium: 898.33mg (39.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.91g (65.82%), Vitamin C: 56.91mg (68.99%), Vitamin B6: 1.21mg (60.67%), Selenium: 39.33µg (56.19%), Vitamin B3: 9.43mg (47.17%), Vitamin K: 47.09µg (44.85%), Phosphorus: 422.85mg (42.29%), Zinc: 5.7mg (38.01%), Potassium: 1160.3mg (33.15%), Vitamin A: 1343.61IU (26.87%), Vitamin E: 3.98mg (26.56%), Iron: 4.71mg (26.16%), Folate: 93.4µg (23.35%), Vitamin B2: 0.37mg (21.85%), Manganese: 0.43mg (21.29%), Vitamin B12: 1.26µg (21.04%), Vitamin B1: 0.31mg (20.88%), Fiber: 5.07g (20.28%), Copper: 0.38mg (18.9%), Magnesium: 73.38mg (18.34%), Vitamin B5: 1.7mg (16.95%), Calcium: 167.54mg (16.75%)