



 **57%**
HEALTH SCORE

Steak-Peppercorn Salad

 **Gluten Free**

READY IN



35 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 stalks celery sliced
- 1 cup cherry tomatoes halved quartered
- 2 cups croutons whole-wheat
- 4 teaspoons dijon mustard
- 4 servings kosher salt and pepper black freshly ground
- 3 tablespoons cup heavy whipping cream sour low-fat
- 3 tablespoons olive oil extra-virgin
- 0.3 cup parmesan cheese grated plus more for topping

- 2 teaspoons brined peppercorns green drained chopped
- 2 large romaine lettuce hearts chopped
- 16 ounce beef eye round steaks
- 8 ounces mushrooms white halved quartered

Equipment

- bowl
- frying pan
- whisk
- cutting board

Directions

- Rub the steaks all over with 1 teaspoon mustard and 1/4 teaspoon each salt and black pepper.
- Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- Add the steaks and cook until browned, 5 to 6 minutes per side for medium rare.
- Transfer to a cutting board. Wipe out the skillet.
- Heat 1 more tablespoon olive oil in the skillet.
- Add the mushrooms and cook, undisturbed, until golden, about 2 minutes. Season with salt and continue to cook, stirring, until just soft, 3 more minutes.
- Whisk the parmesan, sour cream, 3 tablespoons water, the remaining 1 tablespoon olive oil and 3 teaspoons mustard, the green peppercorns and brine, and 1/4 teaspoon each salt and black pepper in a large bowl.
- Add the mushrooms, lettuce, celery, tomatoes and croutons and toss.
- Cut the steak into bite-size pieces; add to the bowl and toss. Divide among plates and top with more parmesan.

Nutrition Facts

 **PROTEIN 34%**  **FAT 47.5%**  **CARBS 18.5%**

Properties

Glycemic Index:50, Glycemic Load:7.96, Inflammation Score:-8, Nutrition Score:25.199565052986%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 381.04kcal (19.05%), Fat: 20.11g (30.94%), Saturated Fat: 5.16g (32.25%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 15.01g (5.46%), Sugar: 2.71g (3.02%), Cholesterol: 80.03mg (26.68%), Sodium: 424.26mg (18.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.39g (64.78%), Selenium: 47.86µg (68.38%), Vitamin B3: 11.07mg (55.33%), Vitamin B6: 0.89mg (44.53%), Phosphorus: 391.16mg (39.12%), Zinc: 5.77mg (38.44%), Vitamin B12: 2.29µg (38.13%), Vitamin A: 1623.93IU (32.48%), Vitamin B2: 0.52mg (30.83%), Vitamin K: 32.25µg (30.72%), Potassium: 831.36mg (23.75%), Iron: 3.93mg (21.84%), Folate: 80.6µg (20.15%), Vitamin B1: 0.29mg (19.45%), Copper: 0.37mg (18.67%), Vitamin B5: 1.86mg (18.57%), Vitamin E: 2.24mg (14.95%), Vitamin C: 11.27mg (13.67%), Magnesium: 52.37mg (13.09%), Calcium: 128.14mg (12.81%), Manganese: 0.25mg (12.41%), Fiber: 2.61g (10.43%), Vitamin D: 0.28µg (1.84%)