



## Steak Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



637 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 4 servings olive oil extra virgin
- ☐ 1 lb skirt steak
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.5 head lettuce greens
- ☐ 1 bunch arugula
- ☐ 0.5 bell pepper red thinly sliced lengthwise cut into 1-inch long pieces
- ☐ 4 scallions thinly sliced
- ☐ 1 avocado cut into bite-sized pieces

- ☐ 4 oz goat cheese crumbled
- ☐ 2 Tbsp juice of lemon
- ☐ 6 Tbsp olive oil extra virgin
- ☐ 1 teaspoon dijon mustard or dry (smooth)
- ☐ 4 servings salt and pepper

## Equipment

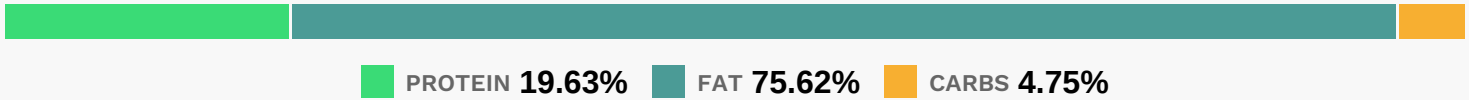
- ☐ frying pan
- ☐ kitchen thermometer
- ☐ cutting board

## Directions

- ☐ Heat a couple teaspoons of oil in a cast iron pan on high heat. Pat the steaks dry.
- ☐ Sprinkle the steaks on both sides with a little salt.
- ☐ Sear the steaks in the pan on both sides, just until nicely browned.
- ☐ Remove pan from heat and cover.
- ☐ Let cook for a few minutes more, until the steak is done to your liking.
- ☐ You can test with a meat thermometer.
- ☐ Remove steak from pan at 125 to 130°F for rare, 140°F for medium rare, 150° for medium. Or use your fingers to test the meat for doneness (see The Finger Test to Check the Doneness of Meat).
- ☐ Remove from pan to a cutting board.
- ☐ Let rest for a few minutes before cutting.
- ☐ Cut thin slices, on a diagonal so you slice wide pieces, across the grain of the meat.
- ☐ Compose the salads: Toss together the lettuce greens, arugula, bell pepper, goat cheese, and scallions. Arrange on individual plates.
- ☐ Sprinkle with avocado.
- ☐ Lay on top several slices of chilled sliced steak.
- ☐ Sprinkle with pomegranate seeds or sliced kumquats if using.

- ☐ Make dressing:
- ☐ Mix together the lemon juice, olive oil, mustard, and salt and pepper to taste.
- ☐ Drizzle on salad.

## Nutrition Facts



## Properties

Glycemic Index:42, Glycemic Load:0.93, Inflammation Score:-9, Nutrition Score:27.425652203353%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg 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: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 10.02mg, Kaempferol: 10.02mg, Kaempferol: 10.02mg, Kaempferol: 10.02mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

## Nutrients (% of daily need)

Calories: 637.2kcal (31.86%), Fat: 54.35g (83.61%), Saturated Fat: 12.43g (77.67%), Carbohydrates: 7.68g (2.56%), Net Carbohydrates: 3.16g (1.15%), Sugar: 2.27g (2.53%), Cholesterol: 81.08mg (27.03%), Sodium: 580.22mg (25.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.73g (63.47%), Vitamin K: 89.87µg (85.59%), Selenium: 35.05µg (50.08%), Vitamin B6: 0.96mg (48.09%), Vitamin E: 6.9mg (45.99%), Vitamin B3: 8.37mg (41.83%), Vitamin C: 33.49mg (40.6%), Phosphorus: 352.77mg (35.28%), Zinc: 5.16mg (34.37%), Vitamin A: 1624.72IU (32.49%), Folate: 102.4µg (25.6%), Potassium: 816.76mg (23.34%), Copper: 0.42mg (21.11%), Vitamin B2: 0.35mg (20.71%), Iron: 3.44mg (19.12%), Vitamin B12: 1.09µg (18.1%), Fiber: 4.52g (18.08%), Vitamin B5: 1.8mg (17.98%), Magnesium: 62.59mg (15.65%), Calcium: 126.26mg (12.63%), Manganese: 0.25mg (12.3%), Vitamin B1: 0.17mg (11.09%)