



Steak Salad with Herbs



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



669 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups baby arugula
- ☐ 2 cups bay leaves fresh assorted packed () (such as basil, cilantro, and mint)
- ☐ 2 ears corn husked
- ☐ 1 medium eggplant halved cut lengthwise into 1" wedges, wedges crosswise
- ☐ 4 servings pepper freshly ground
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup red wine vinegar
- ☐ 1 shallots separated thinly sliced

☐ 1 pound skirt steak

Equipment

☐ bowl

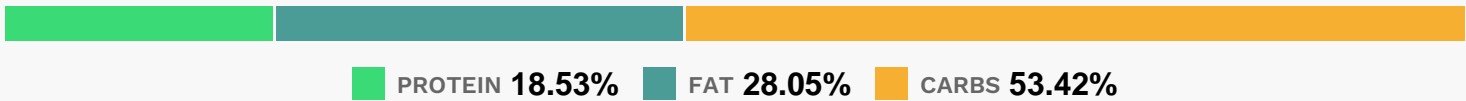
☐ whisk

☐ grill

Directions

- ☐ Toss shallot and vinegar in a small bowl; letsit 5 minutes.
- ☐ Whisk in 1/2 cup oil. Seasonvinaigrette with salt and pepper; set aside.
- ☐ Prepare grill for medium-high heat.
- ☐ Brusheggplant and corn with remaining 2 tablespoons oil.Season with salt and pepper. Grill, turningoften, until tender and charred in spots, 10-15minutes; let cool.
- ☐ Cut kernels from cobs.
- ☐ Meanwhile, season steak with salt andpepper and grill until medium-rare, 5-7minutes per side for hanger steak, about2 minutes per side for skirt steak.
- ☐ Let rest,then thinly slice against the grain.
- ☐ Toss arugula, herbs, eggplant, corn, steak,and reserved vinaigrette in a medium bowl;season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:53.736521751984%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 668.91kcal (33.45%), Fat: 24.58g (37.82%), Saturated Fat: 6.77g (42.34%), Carbohydrates: 105.35g (35.12%), Net Carbohydrates: 69.52g (25.28%), Sugar: 7.56g (8.4%), Cholesterol: 71.44mg (23.81%), Sodium: 115.86mg (5.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.53g (73.06%), Manganese: 10.16mg (508.21%), Iron: 53.69mg (298.27%), Vitamin A: 7674.14IU (153.48%), Fiber: 35.83g (143.33%), Vitamin B6: 2.72mg (135.94%), Calcium: 1024.29mg (102.43%), Zinc: 12.15mg (80.98%), Vitamin C: 62.66mg (75.95%), Folate: 272.26µg (68.07%), Vitamin B2: 0.94mg (55.18%), Vitamin B3: 10.39mg (51.95%), Magnesium: 206.36mg (51.59%), Selenium: 28.98µg (41.4%), Vitamin B12: 2.42µg (40.26%), Potassium: 1405.59mg (40.16%), Phosphorus: 386.14mg (38.61%), Copper: 0.72mg (35.96%), Vitamin K: 20.21µg (19.25%), Vitamin B5: 1.37mg (13.65%), Vitamin B1: 0.2mg (13.42%), Vitamin E: 1.31mg (8.75%)