



Steak Salad with Horseradish Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



390 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cucumber english thinly sliced
- ☐ 12 ounces fingerling potatoes thinly sliced
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 cups boston lettuce leaves (such as arugula or torn Bibb lettuce leaves)
- ☐ 1 teaspoon honey
- ☐ 3 tablespoons horseradish prepared
- ☐ 4 servings pepper freshly ground
- ☐ 2 tablespoons olive oil divided

- ☐ 4 servings onion red
- ☐ 6 radishes cut into thin wedges
- ☐ 1 teaspoon red wine vinegar
- ☐ 1 pound skirt steak
- ☐ 0.5 cup cream sour

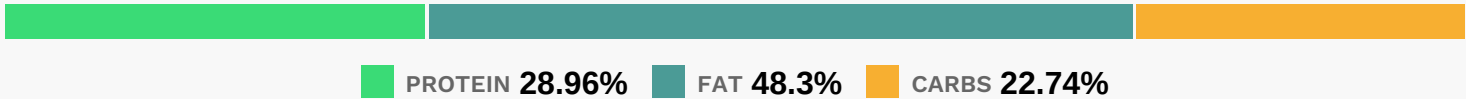
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk sour cream,horseradish, chives, honey, and vinegar in a small bowl; season with salt and pepper.
- ☐ Heat 1 tablespoon oil in a large skillet, preferably cast-iron, over medium-high heat. Season steak with salt and pepper. Cook over medium-high heat until cooked to desired doneness, 5–8 minutes per side for medium-rare rib eye, about 4 minutes per side for flank steak, or 3 minutes per side for skirt steak.
- ☐ Transfer meat to a plate and let rest for 10 minutes.
- ☐ While steak rests, wipe out skillet and heat remaining 1 tablespoon oil over medium-high heat.
- ☐ Add potatoes, season with salt, and cook, tossing occasionally, until tender, 8–10 minutes.
- ☐ Slice steak and serve with horseradish dressing, potatoes, cucumber, radishes, greens, and Pickled Red Onions.

Nutrition Facts



Properties

Glycemic Index:80.51, Glycemic Load:12.1, Inflammation Score:-10, Nutrition Score:30.44956542098%

Flavonoids

Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 390.46kcal (19.52%), Fat: 21.47g (33.03%), Saturated Fat: 7.08g (44.26%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 18.78g (6.83%), Sugar: 5.78g (6.42%), Cholesterol: 88.4mg (29.47%), Sodium: 145.51mg (6.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.94%), Vitamin K: 133.67µg (127.3%), Vitamin A: 4168.64IU (83.37%), Zinc: 8.07mg (53.77%), Vitamin B6: 0.89mg (44.38%), Vitamin B12: 2.48µg (41.26%), Vitamin B3: 7.86mg (39.31%), Selenium: 27.4µg (39.14%), Vitamin C: 26.8mg (32.49%), Potassium: 1105.79mg (31.59%), Vitamin B2: 0.53mg (31.07%), Folate: 119.28µg (29.82%), Phosphorus: 297.61mg (29.76%), Manganese: 0.5mg (25.18%), Iron: 4.37mg (24.29%), Magnesium: 71.57mg (17.89%), Fiber: 3.97g (15.87%), Vitamin B1: 0.22mg (14.91%), Vitamin B5: 1.3mg (13%), Copper: 0.25mg (12.49%), Calcium: 102.11mg (10.21%), Vitamin E: 1.47mg (9.78%)