



Steak-Spinach Salad With Sour-Cream Potatoes

READY IN



80 min.

SERVINGS



4

CALORIES



457 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons buttermilk
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.5 juice of lemon
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 3 tablespoons olive oil plus more for brushing
- ☐ 1 large onion red thick sliced into rings
- ☐ 2 medium russet potatoes
- ☐ 0.8 pound rump steak boneless

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 6 ounces regular spinach chopped
- ☐ 2 tablespoons steak sauce

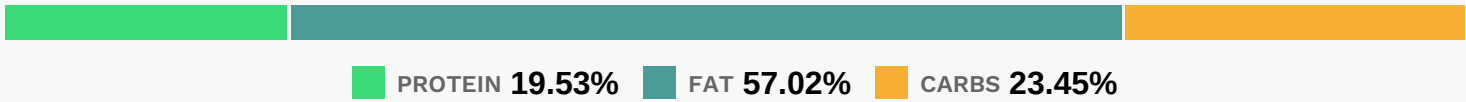
Equipment

- ☐ bowl
- ☐ oven
- ☐ grill
- ☐ cutting board

Directions

- ☐ Preheat the oven to 400 degrees F. Pierce the potatoes with a fork and brush with olive oil.
- ☐ Bake directly on the oven rack until tender, about 1 hour. Cool slightly, then cut into chunks.
- ☐ Mix the sour cream, buttermilk, chives and lemon juice in a large bowl and season with salt and pepper. Stir in the potatoes.
- ☐ Meanwhile, preheat a grill to high.
- ☐ Brush the steak and onion rings with olive oil and season with salt and pepper. Grill the steak until marked on the bottom, about 7 minutes, then turn and cook 4 to 5 more minutes for medium-rare. Grill the onion rings until charred, about 2 minutes per side.
- ☐ Transfer the steak and onion rings to a cutting board and let rest 5 minutes.
- ☐ Roughly chop the onion rings and toss with the spinach, steak sauce, 3 tablespoons olive oil, and salt and pepper to taste in a bowl. Thinly slice the steak. Divide the salad among plates, top with the steak and serve with the potatoes.
- ☐ Photographs by Kate Sears

Nutrition Facts



Properties

Glycemic Index:54.94, Glycemic Load:16.03, Inflammation Score:-10, Nutrition Score:27.229130594627%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg

Nutrients (% of daily need)

Calories: 456.82kcal (22.84%), Fat: 29.25g (45%), Saturated Fat: 9.68g (60.49%), Carbohydrates: 27.07g (9.02%), Net Carbohydrates: 24.1g (8.76%), Sugar: 4.23g (4.7%), Cholesterol: 65.41mg (21.8%), Sodium: 420.6mg (18.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.55g (45.1%), Vitamin K: 219.68µg (209.22%), Vitamin A: 4311.78IU (86.24%), Vitamin B6: 0.83mg (41.7%), Vitamin B12: 2.46µg (40.99%), Manganese: 0.62mg (31.1%), Potassium: 1065.21mg (30.43%), Vitamin C: 23.73mg (28.76%), Folate: 113.81µg (28.45%), Phosphorus: 267.82mg (26.78%), Zinc: 3.54mg (23.57%), Selenium: 16.45µg (23.5%), Vitamin B3: 4.65mg (23.25%), Iron: 4.06mg (22.58%), Magnesium: 84.03mg (21.01%), Vitamin B2: 0.34mg (20.28%), Vitamin E: 2.6mg (17.36%), Vitamin B1: 0.23mg (15.52%), Copper: 0.27mg (13.44%), Fiber: 2.97g (11.9%), Calcium: 109.21mg (10.92%), Vitamin B5: 0.78mg (7.84%)