



Steak with Parmesan Butter, Balsamic Glaze, and Arugula

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups arugula packed (lightly)
- ☐ 0.3 cup balsamic vinegar
- ☐ 1.5 tablespoons butter room temperature
- ☐ 0.5 teaspoon t brown sugar dark packed ()
- ☐ 2 large lemon wedges
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons parmesan grated

- ☐ 12 ounce beef rib steak
- ☐ 0.3 cup shallots finely chopped

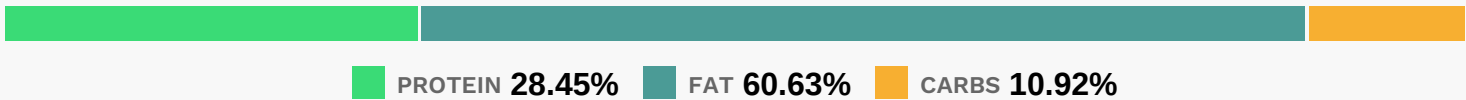
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix grated cheese and butter in small bowl.Season generously with salt and pepper;set aside.
- ☐ Sprinkle steak generously withsalt and pepper.
- ☐ Heat oil in medium skilletover medium-high heat.
- ☐ Add steak; cook todesired doneness, about 4 minutes per sidefor medium-rare.
- ☐ Transfer to plate.
- ☐ Addvinegar, shallots, and sugar to skillet; boil untilreduced to glaze, stirring constantly, about 1minute. Divide arugula and Parmesan shavingsbetween 2 plates. Squeeze lemon over. Slice steak; place atop arugula. Top steak with
- ☐ Parmesan butter.
- ☐ Drizzle lightly with glaze.
- ☐ Per serving: 505.27 Calories (kcal),
- ☐ 1 % Calories from Fat, 33.74 Fat (g),14.77 Saturated Fat (g), 181.86 Cholesterol (mg),
- ☐ 27 Carbohydrates (g),
- ☐ 88 Dietary Fiber (g),
- ☐ 65 Total Sugars (g),
- ☐ 39 Net Carbs (g),37.62 Protein (g)
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:107.25, Glycemic Load:4.53, Inflammation Score:-8, Nutrition Score:24.246521783912%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 13.96mg, Kaempferol: 13.96mg, Kaempferol: 13.96mg, Kaempferol: 13.96mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 534.73kcal (26.74%), Fat: 36.21g (55.7%), Saturated Fat: 17.24g (107.74%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 12.59g (4.58%), Sugar: 9.38g (10.42%), Cholesterol: 129.73mg (43.24%), Sodium: 258.43mg (11.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.23g (76.45%), Selenium: 43.29µg (61.85%), Zinc: 9.22mg (61.44%), Vitamin B12: 2.9µg (48.36%), Vitamin K: 48.41µg (46.11%), Vitamin B3: 8.55mg (42.73%), Vitamin B6: 0.83mg (41.48%), Phosphorus: 329.68mg (32.97%), Vitamin B2: 0.47mg (27.68%), Vitamin A: 1281.3IU (25.63%), Iron: 4.26mg (23.69%), Potassium: 771.25mg (22.04%), Vitamin C: 17.91mg (21.7%), Magnesium: 68.5mg (17.12%), Calcium: 162.71mg (16.27%), Folate: 56.61µg (14.15%), Manganese: 0.26mg (13.18%), Vitamin B1: 0.19mg (12.98%), Copper: 0.21mg (10.31%), Fiber: 2.09g (8.36%), Vitamin E: 0.75mg (5.02%), Vitamin B5: 0.33mg (3.3%), Vitamin D: 0.2µg (1.3%)