



Steak With Parmesan Spinach

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds flank steak
- 1.5 tablespoons flour all-purpose
- 4 servings kosher salt and pepper freshly ground
- 0.5 teaspoon lemon zest grated
- 0.3 teaspoon nutmeg freshly grated
- 4 servings olive oil extra-virgin for brushing
- 0.5 onion finely chopped
- 0.8 cup parmesan cheese grated

- 20 ounce pkt spinach frozen dry thawed chopped
- 1.5 tablespoons butter unsalted
- 1.5 cups milk whole

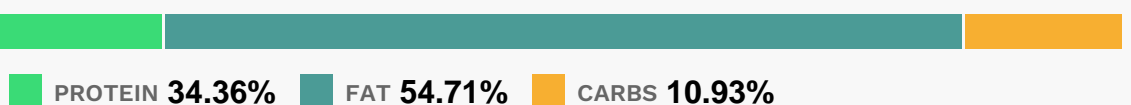
Equipment

- sauce pan
- whisk
- grill pan
- cutting board

Directions

- Heat a grill pan over medium-high heat. Pat the steak dry and brush lightly with olive oil. Season with 1 1/2 teaspoons salt and 2 to 3 teaspoons pepper. Cook, turning once, 10 to 13 minutes total for medium rare.
- Transfer the steak to a cutting board to rest, about 10 minutes.
- Meanwhile, melt the butter in a medium saucepan over medium heat.
- Add the onion and cook until softened, about 5 minutes.
- Add the flour and cook, stirring, 1 minute.
- Remove from the heat and gradually whisk in the milk. Return to medium heat and simmer, whisking, until slightly thickened, about 2 minutes.
- Stir in the spinach, 1/4 cup water, 1/2 cup parmesan, the lemon zest and nutmeg and cook, stirring occasionally, until the sauce thickens and the spinach is tender, about 10 minutes. Thin with water, if needed. Stir in the remaining 1/4 cup parmesan and salt to taste.
- Thinly slice the steak and serve with the spinach.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:3.48, Inflammation Score:-10, Nutrition Score:45.030869919321%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 585.89kcal (29.29%), Fat: 35.84g (55.13%), Saturated Fat: 12.87g (80.41%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 11.63g (4.23%), Sugar: 5.98g (6.64%), Cholesterol: 140.64mg (46.88%), Sodium: 753.23mg (32.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.65g (101.29%), Vitamin K: 538.79µg (513.14%), Vitamin A: 17063.47IU (341.27%), Selenium: 68.06µg (97.23%), Vitamin B6: 1.36mg (68.12%), Phosphorus: 632.92mg (63.29%), Folate: 236.82µg (59.2%), Vitamin B3: 11.61mg (58.04%), Zinc: 8.55mg (56.98%), Manganese: 1.08mg (53.87%), Calcium: 502.54mg (50.25%), Vitamin E: 6.89mg (45.92%), Vitamin B2: 0.72mg (42.57%), Magnesium: 163.64mg (40.91%), Vitamin B12: 2.3µg (38.4%), Potassium: 1267.59mg (36.22%), Iron: 5.63mg (31.27%), Vitamin B1: 0.34mg (22.75%), Fiber: 4.47g (17.89%), Copper: 0.35mg (17.43%), Vitamin B5: 1.64mg (16.43%), Vitamin C: 9.14mg (11.08%), Vitamin D: 1.18µg (7.86%)