



Summer Steak Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 cups arugula trimmed
- ☐ 1 cup torn basil fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 1 pound flank steak trimmed
- ☐ 0.5 ounce bread french
- ☐ 2 large hard-cooked eggs cut into 4 wedges
- ☐ 0.5 pound haricots verts trimmed

- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon sugar
- ☐ 4 medium tomatoes cut into 6 wedges
- ☐ 1 tablespoon water
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

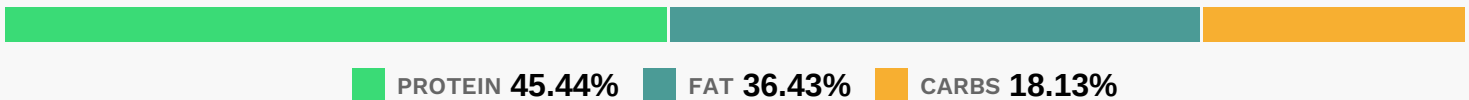
- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Sprinkle both sides of steak with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Let stand at room temperature 20 minutes.
- ☐ Cook haricots verts in boiling water for 2 minutes or until crisp-tender.
- ☐ Drain; rinse under cold water.
- ☐ Drain.
- ☐ Prepare grill.
- ☐ Pat steak dry with a paper towel.
- ☐ Place steak on grill rack coated with cooking spray; grill 5 minutes on each side or until desired degree of doneness.
- ☐ Add bread to grill rack; grill 2 minutes on each side or until lightly browned.
- ☐ Remove steak and bread from grill. Lightly cover steak with foil; let stand 10 minutes.
- ☐ Cut steak diagonally across the grain into thin slices.
- ☐ Combine vinegar and next 5 ingredients (through sugar) in a medium bowl; stir with a whisk.
- ☐ Add haricots verts, arugula, and basil to vinegar mixture; toss well.

- ☐
- Place about 1 1/2 cups arugula mixture on each of 4 plates. Top each serving with 3 ounces steak, 6 tomato wedges, 2 egg wedges, and 2 slices grilled bread.
- ☐
- Wine note: With grilled steak, I usually opt for a full throttle cabernet sauvignon. But this is a salad, and the peppery character of the arugula, the greenness of the basil and beans, and the acidity of the tomatoes are more important than the meat itself. So serve this with a bone-dry ros, which combines the crispness of a white wine with the fruit and body of a red. A fabulous choice is the powerhouse Tablas Creek Ros 2005 from California's Paso Robles region (\$26). -Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:92.15, Glycemic Load:4.13, Inflammation Score:-9, Nutrition Score:28.04608680891%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.83mg, Kaempferol: 10.83mg, Kaempferol: 10.83mg, Kaempferol: 10.83mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 272.24kcal (13.61%), Fat: 11.02g (16.95%), Saturated Fat: 3.56g (22.23%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 8.64g (3.14%), Sugar: 6.29g (6.98%), Cholesterol: 161.29mg (53.76%), Sodium: 567.21mg (24.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.93g (61.86%), Vitamin K: 94.57µg (90.06%), Selenium: 42.62µg (60.89%), Vitamin A: 2574.9IU (51.5%), Vitamin B6: 0.93mg (46.5%), Vitamin B3: 8.54mg (42.71%), Vitamin C: 29.39mg (35.62%), Phosphorus: 346.61mg (34.66%), Zinc: 5.18mg (34.55%), Potassium: 966.58mg (27.62%), Folate: 100.46µg (25.12%), Manganese: 0.49mg (24.3%), Vitamin B2: 0.39mg (22.75%), Vitamin B12: 1.31µg (21.82%), Iron: 3.79mg (21.04%), Magnesium: 74.79mg (18.7%), Vitamin B1: 0.23mg (15.38%), Fiber: 3.69g (14.77%), Vitamin B5: 1.46mg (14.58%), Calcium: 131.46mg (13.15%), Vitamin E: 1.96mg (13.05%), Copper: 0.25mg (12.62%), Vitamin D: 0.55µg (3.67%)