



 **80%**
HEALTH SCORE

Tuscan-Style New York Strip with Arugula-Artichoke Salad

 **Gluten Free**  **Very Healthy**

READY IN



293 min.

SERVINGS



6

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 pounds artichokes
- 5 ounces baby arugula
- 1 bay leaves
- 1 teaspoon pepper black divided freshly ground
- 2 teaspoons thyme sprigs fresh
- 10 garlic clove crushed
- 1 teaspoon kosher salt divided

- 0.5 cup juice of lemon fresh divided
- 12 inch lemon zest
- 3 optional: lemon quartered
- 4 tablespoons olive oil extra virgin extra-virgin divided
- 1 cup onion red vertically sliced
- 2 ounces parmesan shaved
- 6 medium potatoes - remove skin red
- 24 ounce fat-trimmed beef flank steak trimmed
- 10 thyme sprigs
- 2 cups water

Equipment

- bowl
- sauce pan
- whisk
- grill
- ziploc bags

Directions

- Combine 1 tablespoon oil, garlic, thyme sprigs, and lemon rind in a large zip-top plastic bag.
- Add the steaks to bag; seal and marinate in refrigerator for 3 1/2 hours, turning occasionally.
- Remove bag from refrigerator, and let stand for 30 minutes.
- Remove the steaks from marinade, and discard marinade.
- Sprinkle with 1/2 teaspoon salt and 1/2 teaspoon black pepper.
- Place potatoes and bay leaf in a saucepan; cover with water. Bring to a boil; reduce heat, and simmer for 15 minutes or until crisp-tender.
- Drain; discard bay leaf. Cool completely; cut into 24 (1/3-inch-thick) slices.
- Preheat the grill to medium-high heat.

- Combine 2 cups water and 1/4 cup juice in a large bowl. Trim about 2 inches from top of each artichoke.
- Cut each in half vertically.
- Remove fuzzy thistle from bottom with a spoon. Trim any remaining leaves and dark green layer from base.
- Place artichoke halves in lemon water.
- Combine 2 tablespoons oil, 2 tablespoons juice, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl; stir with a whisk. Thinly vertically slice artichokes.
- Add sliced artichokes, arugula, and thinly vertically sliced onion to bowl; toss gently to combine.
- Place steak, potato slices, and lemons on grill rack coated with cooking spray. Grill steak 4 minutes on each side or until desired degree of doneness. Grill potatoes for 3 minutes on each side or until tender. Grill lemons for 2 minutes on each cut side.
- Let the steak stand for 5 minutes.
- Cut steak diagonally across grain into thin slices.
- Place 4 potato slices on each of 6 plates.
- Sprinkle evenly with remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, and thyme leaves.
- Place 1 cup arugula mixture on each plate, and top each serving with 4 teaspoons cheese. Arrange 3 ounces steak on each serving, and drizzle evenly with remaining 1 tablespoon olive oil and remaining 2 tablespoons lemon juice.
- Serve with grilled lemon.
- Wine Match: Brazin Lodi Old Vine Zinfandel (\$1
- a big, juicy wine loaded with vanilla, dark fruit, spice, and acidity to balance the lemony tang of the Tuscan-Style New York Strip. --Julianna Grimes

Nutrition Facts

PROTEIN 22.56% **FAT 39.84%** **CARBS 37.6%**

Properties

Glycemic Index:49.25, Glycemic Load:4.46, Inflammation Score:-10, Nutrition Score:39.349565023961%

Flavonoids

Eriodictyol: 12.53mg, Eriodictyol: 12.53mg, Eriodictyol: 12.53mg, Eriodictyol: 12.53mg Hesperetin: 18.01mg, Hesperetin: 18.01mg, Hesperetin: 18.01mg, Hesperetin: 18.01mg Naringenin: 17.11mg, Naringenin: 17.11mg, Naringenin: 17.11mg, Naringenin: 17.11mg Apigenin: 9.97mg, Apigenin: 9.97mg, Apigenin: 9.97mg, Apigenin: 9.97mg Luteolin: 5.14mg, Luteolin: 5.14mg, Luteolin: 5.14mg, Luteolin: 5.14mg Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg Kaempferol: 8.45mg, Kaempferol: 8.45mg, Kaempferol: 8.45mg, Kaempferol: 8.45mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg

Nutrients (% of daily need)

Calories: 616.49kcal (30.82%), Fat: 28.79g (44.29%), Saturated Fat: 10.18g (63.6%), Carbohydrates: 61.13g (20.38%), Net Carbohydrates: 46.9g (17.05%), Sugar: 7.87g (8.75%), Cholesterol: 75.6mg (25.2%), Sodium: 774.93mg (33.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.67g (73.35%), Vitamin C: 87.66mg (106.25%), Potassium: 2039.9mg (58.28%), Vitamin B6: 1.16mg (57.93%), Fiber: 14.23g (56.91%), Vitamin K: 59.73µg (56.88%), Phosphorus: 519.44mg (51.94%), Zinc: 7.75mg (51.69%), Vitamin B3: 9.69mg (48.43%), Manganese: 0.94mg (46.92%), Selenium: 32.33µg (46.18%), Magnesium: 180.65mg (45.16%), Folate: 172.3µg (43.08%), Copper: 0.78mg (39.2%), Iron: 6.65mg (36.92%), Vitamin B12: 2µg (33.26%), Vitamin B2: 0.52mg (30.49%), Vitamin B1: 0.43mg (29%), Calcium: 288.15mg (28.81%), Vitamin A: 813.87IU (16.28%), Vitamin B5: 1.41mg (14.1%), Vitamin E: 1.88mg (12.51%), Vitamin D: 0.16µg (1.07%)