



Warm Steak Salad with Marinara Sauce

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



834 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces baby arugula loosely packed ()
- ☐ 7 oz mozzarella cheese fresh thinly sliced
- ☐ 1.5 cups tomatoes with balsamic vinegar
- ☐ 4 servings olive oil
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 new york steaks thick fat trimmed

Equipment

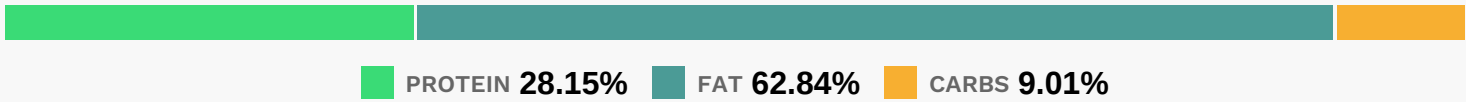
- ☐ sauce pan

☐ grill

Directions

- ☐ Rub steaks with olive oil and season to taste with salt and pepper. Prepare a charcoal or gas grill for very high heat (600; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds). While grill heats, preheat cooking grate for at least 10 minutes.
- ☐ Meanwhile, warm 4 dinner plates. Put marinara in a small saucepan and stir over medium-high heat until simmering, about 3 minutes; keep warm.
- ☐ Grill steaks, turning over once, until rare in the center (cut to test; meat will continue to cook after coming off the grill), 2 to 3 minutes for medium rare. Skirt steaks may need 2 to 3 minutes longer than New York steaks. Lift steaks to a platter.
- ☐ Quickly spoon marinara over center of each plate. Set steaks on marinara, arrange mozzarella slices on steaks, and mound arugula on cheese.
- ☐ Pour meat juices from platter over salads if you like.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:8.63, Inflammation Score:-7, Nutrition Score:30.637391116308%

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: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 834.16kcal (41.71%), Fat: 57.24g (88.05%), Saturated Fat: 22.7g (141.86%), Carbohydrates: 18.47g (6.16%), Net Carbohydrates: 17.99g (6.54%), Sugar: 15.39g (17.1%), Cholesterol: 177.05mg (59.02%), Sodium: 458.53mg (19.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.68g (115.36%), Selenium: 63.67µg (90.95%), Zinc: 13.25mg (88.36%), Vitamin B12: 4.88µg (81.38%), Vitamin B3: 11.2mg (56.02%), Phosphorus: 534.13mg (53.41%), Vitamin B6: 0.94mg (47.05%), Vitamin K: 44.02µg (41.93%), Vitamin B2: 0.71mg (41.48%), Calcium: 338.12mg (33.81%), Iron: 5.3mg (29.42%), Potassium: 856.56mg (24.47%), Vitamin A: 1042.56IU (20.85%), Magnesium: 82.35mg (20.59%), Vitamin B1: 0.23mg (15.09%), Vitamin E: 2.23mg (14.89%), Manganese: 0.24mg (12.2%), Copper: 0.23mg (11.47%), Folate: 37.77µg (9.44%), Vitamin C: 4.25mg (5.15%), Vitamin D: 0.42µg (2.83%), Vitamin B5: 0.2mg

(1.95%), Fiber: 0.48g (1.92%)