



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Steak and Arugula Without Dressing

This recipe features a juicy steak served on a bed of fresh arugula, without any dressing. It is a hearty and nutritious meal that can be enjoyed for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

400 g steak

100 g Arugula

Directions

Step 1

Grilling

Preheat the grill to high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season the steak with salt and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Grilling

Grill the steak for 4-5 minutes per side for medium-rare doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Resting

Remove the steak from the grill and let it rest for 5 minutes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Cutting

Slice the steak into thin strips.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Plating

Arrange the arugula on a plate and top with the sliced steak.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Serving

Serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 40 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	1 g	2.63%	4%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	12 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	20 g	71.43%	80%
Cholesterol	120 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	25 mg	1923.08%	1923.08%
Vitamin B12	70 mcg	2916.67%	2916.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	25 mg	312.5%	138.89%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	30 mg	272.73%	375%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Cuisines

Italian Middle Eastern

Kitchen Tools

Slow Cooker Blender

Nutritional Content

Low Calorie

Course

Salads Snacks Drinks Breads Soups Sauces & Dressings

Diet

Anti-Inflammatory Diet

Healthy For

Celiac disease

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

Visit our website: healthdor.com