



Beef Brutus: Caesar Salad with Sliced Sirloin Steak

READY IN



27 min.

SERVINGS



4

CALORIES



900 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 ounce anchovy drained canned tinned
- 4 servings balsamic vinegar for brushing and basting
- 1 pounds beef sirloin
- 1 loaf garlic bread homemade store bought
- 4 servings coarse salt and pepper black
- 0.3 cup pasteurized cholesterol-free egg product
- 4 large cloves garlic finely chopped
- 4 servings coarsely ground pepper black

- 1 juice of lemon juiced
- 0.5 cup olive oil extra-virgin
- 4 servings olive oil extra-virgin for brushing and basting
- 0.5 cup parmigiano grated (a couple of handfuls)
- 2 large heads romaine lettuce trimmed to hearts and coarsely chopped
- 2 teaspoons worcestershire sauce (several drops)
- 4 servings worcestershire sauce for brushing and basting

Equipment

- bowl
- grill
- broiler

Directions

- Preheat an indoor electric grill to high, outdoor gas grill to medium high or, prepare charcoal.
- Brush meat on both sides with Worcestershire, balsamic, and oil.
- Let meat rest 10 minutes. Grill meat 4 to 6 minutes on each side (that is medium-rare to medium-well range).
- Let meat rest another 5 to 10 minutes for juices to redistribute before you slice steak to serve. Slice meat on an angle, thinly, against the grain of the meat.
- To make dressing, combine anchovies, garlic, and oil in a metal or heatproof glass bowl.
- Place bowl on grill top and cover grill. Cook oil mixture 2 or 3 minutes or until garlic is speaking by sizzling in oil.
- Remove dressing from heat and beat warm oil with a fork until the anchovies break up completely and dissipates in oil. Cooked anchovies melt away easily and the flavor changes from fishy to nutty.
- Transfer oil mixture to a large salad bowl.
- Add Worcestershire, lemon juice, egg, pepper, and cheese while beating with fork. Toss greens to coat with dressing. Brown garlic bread under broiler or on outdoor grill and cut the bread into chunks.

To serve, pile Caesar salad greens on plate, garnish with chunks of garlic bread (rather than traditional croutons) an extra sprinkle of cheese, black pepper; a pile of thinly sliced sirloin along side.

Nutrition Facts

PROTEIN 23.89% **FAT 37.35%** **CARBS 38.76%**

Properties

Glycemic Index:49.42, Glycemic Load:45.15, Inflammation Score:-7, Nutrition Score:40.105217311693%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 899.74kcal (44.99%), Fat: 36.99g (56.9%), Saturated Fat: 8.01g (50.05%), Carbohydrates: 86.35g (28.78%), Net Carbohydrates: 79.42g (28.88%), Sugar: 12.91g (14.35%), Cholesterol: 139.41mg (46.47%), Sodium: 1862.4mg (80.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.23g (106.45%), Selenium: 99.21µg (141.73%), Manganese: 2.15mg (107.41%), Vitamin B3: 19.64mg (98.19%), Phosphorus: 612.98mg (61.3%), Vitamin B1: 0.83mg (55.44%), Iron: 9.67mg (53.73%), Vitamin B6: 1.01mg (50.41%), Zinc: 7.4mg (49.32%), Vitamin B2: 0.76mg (44.42%), Calcium: 439.97mg (44%), Folate: 170.57µg (42.64%), Vitamin B12: 1.83µg (30.46%), Magnesium: 116.77mg (29.19%), Fiber: 6.92g (27.69%), Vitamin E: 4.1mg (27.34%), Vitamin B5: 2.55mg (25.54%), Potassium: 803.89mg (22.97%), Vitamin K: 24µg (22.85%), Copper: 0.45mg (22.43%), Vitamin C: 4.72mg (5.72%), Vitamin A: 236.68IU (4.73%), Vitamin D: 0.61µg (4.05%)