



Big Steak Salad

READY IN



35 min.

SERVINGS



4

CALORIES



962 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 4 servings pepper black freshly ground
- ☐ 0.8 cups cheese blue crumbled
- ☐ 2 cups buttermilk
- ☐ 0.8 cups canola oil
- ☐ 4 cups canola oil
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.5 teaspoon chili oil hot
- ☐ 2 cups flour all-purpose

- ☐ 1 tablespoon ginger fresh minced
- ☐ 3 cloves garlic minced peeled chopped
- ☐ 1 tablespoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime
- ☐ 2 onions whole
- ☐ 4 servings lots of pepper black freshly ground
- ☐ 3 tablespoons red wine vinegar
- ☐ 2 inch eye steaks whole fat trimmed
- ☐ 4 roma tomatoes sliced
- ☐ 4 servings lettuce mix: romaine
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon worcestershire sauce

Equipment

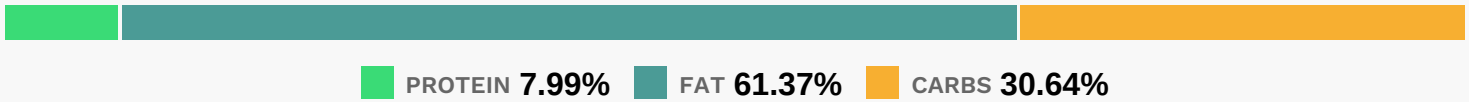
- ☐ bowl
- ☐ pot
- ☐ baking pan
- ☐ grill
- ☐ canning jar

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the oil, both vinegars, lime juice, soy, Worcestershire, chili oil, sugar, ginger, garlic, salt and pepper in a mason jar with the lid. Shake vigorously to combine; taste and adjust seasonings to taste.
- ☐ Place the steak in a plastic zipper bag.
- ☐ Pour in half the dressing/marinade and seal. Marinade for 5 to 10 minutes.

- ☐ For the onion strings: Slice the onions very thin.
- ☐ Place in a baking dish and cover with the buttermilk and soak.
- ☐ Combine the flour, salt, cayenne and black pepper and set aside.
- ☐ Heat the oil to 375 degrees in a large pot. Grab a handful of onions, throw into the flour mixture, tap to shake off excess and plunge into the hot oil. Fry for a few minutes and remove to a paper-towel-lined plate as soon as they are golden brown. Repeat until onions are gone.
- ☐ Grill (or saute) the steak over medium-high heat until medium-rare, about 2 minutes on each side.
- ☐ Remove from the heat and allow to rest. Slice the steak against the grain in thin slices.
- ☐ For the salad: In a large bowl, add the lettuce mix, blue cheese and tomatoes.
- ☐ Add a little of the remaining dressing/marinade and toss to combine.
- ☐ Add more if needed.
- ☐ Heap the salad on a plate, making sure to get plenty of blue cheese and tomatoes on each plate.
- ☐ Add half a steak to the top of each plate, then top the steak with onion strings.
- ☐ Serve immediately. Yum!

Nutrition Facts



Properties

Glycemic Index:118.52, Glycemic Load:43.14, Inflammation Score:-10, Nutrition Score:34.887391546498%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 13.47mg, Quercetin: 13.47mg, Quercetin: 13.47mg, Quercetin: 13.47mg

Nutrients (% of daily need)

Calories: 961.57kcal (48.08%), Fat: 66.27g (101.95%), Saturated Fat: 11.27g (70.42%), Carbohydrates: 74.45g (24.82%), Net Carbohydrates: 68.99g (25.09%), Sugar: 18.5g (20.55%), Cholesterol: 32.96mg (10.99%), Sodium: 3317.34mg (144.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.4g (38.81%), Vitamin A: 8424.81IU (168.5%), Vitamin K: 132.31µg (126.01%), Vitamin E: 10.13mg (67.51%), Folate: 268.14µg (67.04%), Vitamin B1: 0.68mg (45.4%), Selenium: 30.73µg (43.9%), Vitamin B2: 0.73mg (42.69%), Manganese: 0.84mg (42.09%), Phosphorus: 347.66mg (34.77%), Calcium: 344.28mg (34.43%), Iron: 4.78mg (26.57%), Vitamin B3: 5.27mg (26.33%), Vitamin C: 19.8mg (24%), Potassium: 829.57mg (23.7%), Fiber: 5.45g (21.82%), Vitamin B6: 0.35mg (17.73%), Magnesium: 63.84mg (15.96%), Vitamin B5: 1.47mg (14.74%), Vitamin B12: 0.88µg (14.7%), Zinc: 2.13mg (14.22%), Copper: 0.27mg (13.56%), Vitamin D: 1.69µg (11.25%)