



BLT: Beef, Leek and Tomato Salad - with Bacon Dressing - an extra

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



880 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 slices bacon chopped
- 2 big beefsteak tomatoes
- 1 tablespoon dijon mustard
- 4 small leeks trimmed
- 4 servings olive oil extra-virgin for drizzling, plus 1/2 cup
- 3 tablespoons red wine vinegar
- 2 hearts romaine lettuce shredded chopped

- 4 servings salt and pepper black freshly ground
- 4 small strip steaks thick
- 4 servings splash water
- 1 tablespoon worcestershire sauce

Equipment

- food processor
- bowl
- frying pan
- paper towels
- grill
- kitchen towels
- grill pan

Directions

- Heat a grill pan or grill to medium-high heat.
- Bring steaks to room temperature, drizzle with extra-virgin olive oil and season with salt and pepper on both sides.
- Place the steaks on the grill, cook meat 10 to 12 minutes for pink centers. Turn twice and let meat rest 5 minutes before slicing.
- While meat cooks, brown bacon in a drizzle of extra-virgin olive oil in a medium to large skillet over medium-high heat.
- Chop the leeks then soak in a large bowl of water or separate the chopped leeks by running under water. Dry the leeks in a kitchen towel.
- Place cooked bacon on paper towels to drain.
- Pour off all but about a tablespoon of bacon drippings then add leeks and wilt down. Season cooked leeks with salt and peppe, to taste.
- Transfer the cooked bacon to a food processor and add Worcestershire, vinegar, mustard, some black pepper and a splash of water. Turn processor on and stream in 1/2 cup extra-virgin olive oil.

- On each dinner plate, arrange a bed of shredded romaine and thickly sliced tomatoes. Slice meat against the grain of the steak. Arrange the steak over the sliced tomatoes. Scatter the leeks over the sliced steaks and pour bacon dressing down over the top.

Nutrition Facts

PROTEIN 24.62% FAT 65.13% CARBS 10.25%

Properties

Glycemic Index:33.5, Glycemic Load:5.29, Inflammation Score:-10, Nutrition Score:44.976086896399%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 879.76kcal (43.99%), Fat: 64.33g (98.96%), Saturated Fat: 22.11g (138.21%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 17.77g (6.46%), Sugar: 9.09g (10.1%), Cholesterol: 166.9mg (55.63%), Sodium: 549.15mg (23.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.72g (109.45%), Vitamin A: 7877.63IU (157.55%), Vitamin K: 125.25µg (119.29%), Selenium: 66.41µg (94.86%), Zinc: 12.7mg (84.66%), Vitamin B3: 14.43mg (72.15%), Vitamin B6: 1.41mg (70.34%), Vitamin B12: 3.97µg (66.19%), Phosphorus: 485.36mg (48.54%), Vitamin C: 36.85mg (44.67%), Folate: 166.7µg (41.67%), Potassium: 1440.94mg (41.17%), Iron: 7.37mg (40.93%), Vitamin B2: 0.68mg (40.05%), Manganese: 0.75mg (37.39%), Vitamin B1: 0.49mg (32.5%), Magnesium: 109.61mg (27.4%), Vitamin E: 4.03mg (26.89%), Copper: 0.48mg (24.03%), Fiber: 5.01g (20.06%), Calcium: 121.44mg (12.14%), Vitamin B5: 0.61mg (6.13%), Vitamin D: 0.4µg (2.68%)