



Classic Wedge Salad with Blackened Flatiron 'Croutons' and Blue Cheese

 Gluten Free

READY IN



180 min.

SERVINGS



4

CALORIES



518 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup cheese blue crumbled
- ☐ 0.5 cup buttermilk
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 cup cherry tomatoes
- ☐ 0.3 cup chives minced
- ☐ 1 flat iron steak marinated if you like flat iron steak (2 plus pounds)
- ☐ 1 tablespoon garlic powder

- ☐ 1 head iceberg lettuce head iceberg lettuce
- ☐ 1 pinch kosher salt
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon onion powder
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon freshly cracked pepper black
- ☐ 0.5 cup radishes thinly sliced
- ☐ 0.5 cup onions red thinly sliced
- ☐ 1 small shallot shallot minced ()
- ☐ 1.5 tablespoon paprika smoked
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 1 tablespoon thyme leaves dried
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

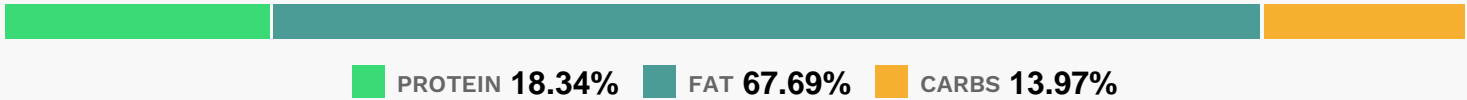
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cut the steak into 1-inch cubes. Set aside at room temperature.
- ☐ Place the spice mixture in a shallow bowl. Coat the cubes of steak in the mixture. Set aside in a single layer.
- ☐ Place a large cast iron skillet over medium high heat.
- ☐ Add 2 tablespoons oil and let it get quite hot, almost smoking. Once the oil in the pan is hot (it should shimmer) add a few chunks of steak to the pan. Do not crowd them, work in batches. Quickly blacken the meat on all sides, turning often. Cook each one about 2 minutes total for medium rare. Move them to a paper towel lined plate to drain as they finish. Continue cooking the meat in batches until it is all blackened. You will need to refresh the oil once or twice during the process.

- ☐
- Let it become hot again before continuing.Assemble the salad: Peel a few of the outer layers away from the head of iceberg lettuce. You should be left with a tight, compact ball about 7– inches in diameter. Locate the stem end and cut through it to form 4 equal–sized wedges.
- ☐
- Place each wedge on a serving plate with several blackened flatiron croutons scattered around each wedge. Divide the tomatoes, onions and radishes between each plate; drizzle the salads with a few tablespoons dressing.
- ☐
- Garnish with remaining blue cheese and chives. Season with more black pepper if you like.

Nutrition Facts



Properties

Glycemic Index:89.5, Glycemic Load:2.47, Inflammation Score:-10, Nutrition Score:27.090869520022%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 518.23kcal (25.91%), Fat: 39.85g (61.31%), Saturated Fat: 15.7g (98.12%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 13.89g (5.05%), Sugar: 8.81g (9.78%), Cholesterol: 95.31mg (31.77%), Sodium: 518.97mg (22.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.58%), Vitamin B12: 3.8µg (63.28%), Vitamin A: 2956.71IU (59.13%), Vitamin K: 54.97µg (52.35%), Zinc: 6.12mg (40.78%), Selenium: 27.76µg (39.66%), Phosphorus: 380.8mg (38.08%), Calcium: 332.15mg (33.21%), Vitamin B2: 0.5mg (29.43%), Vitamin B6: 0.58mg (28.83%), Vitamin C: 21.57mg (26.14%), Potassium: 860.48mg (24.59%), Vitamin E: 3.68mg (24.51%), Manganese: 0.46mg (23.19%), Iron: 3.98mg (22.1%), Folate: 79.64µg (19.91%), Fiber: 4.61g (18.45%), Vitamin B5: 1.79mg (17.92%), Vitamin B3: 3.35mg (16.75%), Magnesium: 59.81mg (14.95%), Vitamin B1: 0.21mg (13.82%), Copper: 0.25mg (12.29%), Vitamin D: 0.56µg (3.72%)