



 **58%**
HEALTH SCORE

Garlic and Herb Cheese-Glazed Sirloin and Orzo Salad with Fennel, Tomatoes and Oregano

READY IN



25 min.

SERVINGS



4

CALORIES



1142 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounces garlic and herb cheese soft (recommended: Boursin)
- 1 pound orzo pasta cooked
- 1 fennel bulb diced
- 2 tablespoons olive oil divided
- 0.3 cup oregano leaves fresh chopped
- 4 servings salt and pepper black freshly ground
- 0.3 cup sherry vinegar

- 4 sirloin steaks boneless
- 1 cup tomatoes fresh diced
- 0.3 cup vermouth

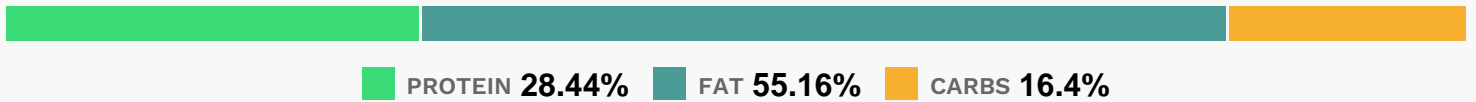
Equipment

- bowl
- frying pan

Directions

- Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season steaks with salt and pepper and add to hot pan. Cook 3 to 5 minutes per side for medium.
- Remove steaks from pan and set aside. To the same pan, add cheese and vermouth. Simmer 2 minutes, until cheese melts and creates a sauce, scraping up any brown bits from the pan and incorporating them into the sauce. Spoon sauce over steaks just before serving.
- To make the salad, in a large bowl, combine cooked orzo, fennel, tomatoes, oregano, vinegar, and remaining olive oil. Toss to combine and season, to taste, with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:42.13, Glycemic Load:17.52, Inflammation Score:-10, Nutrition Score:39.13434812297%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 1142.33kcal (57.12%), Fat: 68.63g (105.58%), Saturated Fat: 27.26g (170.37%), Carbohydrates: 45.91g (15.3%), Net Carbohydrates: 40.31g (14.66%), Sugar: 4.04g (4.49%), Cholesterol: 221.22mg (73.74%), Sodium: 373.2mg (16.23%), Alcohol: 1.42g (100%), Alcohol %: 0.29% (100%), Protein: 79.61g (159.22%), Vitamin B12: 9.45µg

(157.53%), Selenium: 86.59µg (123.69%), Zinc: 12mg (79.98%), Vitamin B6: 1.44mg (71.82%), Phosphorus: 701.35mg (70.14%), Vitamin B3: 13.53mg (67.66%), Vitamin K: 62.71µg (59.72%), Iron: 10.03mg (55.74%), Potassium: 1475.99mg (42.17%), Vitamin B2: 0.68mg (39.79%), Manganese: 0.73mg (36.64%), Magnesium: 111.32mg (27.83%), Vitamin B1: 0.39mg (25.85%), Copper: 0.46mg (23.22%), Fiber: 5.6g (22.41%), Vitamin C: 12.27mg (14.87%), Vitamin E: 2.17mg (14.44%), Folate: 56.85µg (14.21%), Vitamin B5: 1.38mg (13.79%), Calcium: 110.05mg (11%), Vitamin A: 440.26IU (8.81%)