



Grilled Beef Panzanella with Port Wine Vinaigrette

READY IN



45 min.

SERVINGS



4

CALORIES



816 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3.5 cups bread [4 ounces bread] french cubed ()
- ☐ 1 tablespoon cider vinegar
- ☐ 1.5 teaspoons light-colored corn syrup
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.5 teaspoon thyme leaves fresh chopped

- ☐ 3 tablespoons onion finely chopped
- ☐ 2 tablespoons pecorino romano cheese fresh grated
- ☐ 1 Dash pepper black freshly ground
- ☐ 2 tablespoons port
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 2 cups tomatoes chopped

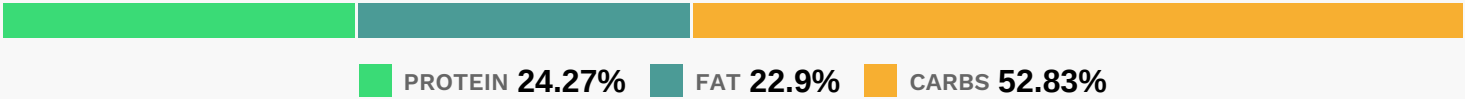
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Preheat oven to 350
- ☐ To prepare vinaigrette, combine first 7 ingredients in a small bowl; stir with a whisk.
- ☐ To prepare salad, arrange bread cubes in a single layer on a baking sheet. Lightly coat bread cubes with cooking spray.
- ☐ Bake at 350 for 18 minutes or until toasted.
- ☐ Combine bread, tomato, onion, basil, pecorino Romano cheese, and 1/4 teaspoon pepper in a large bowl.
- ☐ Drizzle vinaigrette over bread cube mixture; toss gently to coat.
- ☐ Sprinkle beef with 1/4 teaspoon salt.
- ☐ Place beef on grill rack coated with cooking spray; grill 3 minutes on each side or until beef is medium-rare or desired degree of doneness.
- ☐ Serve beef over salad.

Nutrition Facts



Properties

Glycemic Index:97.17, Glycemic Load:54.37, Inflammation Score:-9, Nutrition Score:39.64304356277%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 816.33kcal (40.82%), Fat: 20.46g (31.47%), Saturated Fat: 4.87g (30.41%), Carbohydrates: 106.15g (35.38%), Net Carbohydrates: 96.76g (35.18%), Sugar: 17.64g (19.6%), Cholesterol: 75.17mg (25.06%), Sodium: 1296.94mg (56.39%), Alcohol: 1.15g (100%), Alcohol %: 0.34% (100%), Protein: 48.78g (97.55%), Selenium: 94.68µg (135.26%), Manganese: 2.63mg (131.45%), Vitamin B3: 19.32mg (96.62%), Vitamin B1: 0.97mg (64.72%), Phosphorus: 545.14mg (54.51%), Iron: 9.64mg (53.55%), Folate: 204.3µg (51.07%), Vitamin B6: 1.01mg (50.44%), Zinc: 6.9mg (45.98%), Vitamin B2: 0.68mg (40.26%), Fiber: 9.39g (37.56%), Calcium: 324.46mg (32.45%), Magnesium: 123.13mg (30.78%), Potassium: 899.21mg (25.69%), Vitamin B5: 2.53mg (25.26%), Vitamin K: 23.98µg (22.84%), Copper: 0.45mg (22.56%), Vitamin B12: 1.08µg (18.04%), Vitamin C: 11.76mg (14.25%), Vitamin A: 700.7IU (14.01%), Vitamin E: 1.67mg (11.12%)