



Grilled Rib-Eye with Olive Tapenade and Orzo

READY IN



30 min.

SERVINGS



4

CALORIES



816 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz halloumi cheese sliced
- 0.5 cup kalamata olives pitted sliced
- 0.5 teaspoon kosher salt
- 3 tablespoons juice of lemon
- 0.7 cup torn mint leaves
- 6 tablespoons olive oil divided
- 0.7 cup torn oregano leaves
- 0.5 cup orzo pasta
- 0.3 cup bell pepper red roughly chopped

1 lb rib-eye steak boneless thick

Equipment

bowl

grill

Directions

Heat a grill to medium-high (400 to 450). Cook orzo according to package directions.

Drain, then set aside.

Brush steak and cheese with 2 tbsp. oil and sprinkle steak with salt. Grill both, turning once, until grill marks appear on cheese, and steak is done the way you like, 8 to 10 minutes for medium-rare.

Let steak rest 10 minutes.

Cut halloumi slices into quarters.

Combine cheese, orzo, remaining 4 tbsp. oil, and remaining ingredients in a bowl; divide among 4 plates. Top with sliced steak.

Nutrition Facts



PROTEIN 21.92% **FAT 66.72%** **CARBS 11.36%**

Properties

Glycemic Index:19.75, Glycemic Load:5.89, Inflammation Score:-10, Nutrition Score:27.722173970679%

Flavonoids

Eriodictyol: 2.87mg, Eriodictyol: 2.87mg, Eriodictyol: 2.87mg, Eriodictyol: 2.87mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 815.6kcal (40.78%), Fat: 61.3g (94.31%), Saturated Fat: 25.04g (156.49%), Carbohydrates: 23.48g (7.83%), Net Carbohydrates: 17.95g (6.53%), Sugar: 2.15g (2.39%), Cholesterol: 69.17mg (23.06%), Sodium: 1639.96mg (71.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.31g (90.62%), Calcium: 1019.06mg (101.91%), Vitamin

K: 64.94µg (61.85%), Selenium: 40.06µg (57.22%), Zinc: 6.42mg (42.83%), Vitamin E: 5.36mg (35.74%), Manganese: 0.68mg (33.77%), Vitamin B3: 6.54mg (32.71%), Iron: 5.78mg (32.14%), Vitamin B12: 1.88µg (31.37%), Vitamin B6: 0.62mg (30.94%), Vitamin C: 22.82mg (27.66%), Fiber: 5.54g (22.15%), Phosphorus: 220.85mg (22.08%), Vitamin B2: 0.36mg (21.05%), Vitamin A: 927.45IU (18.55%), Magnesium: 65.38mg (16.34%), Potassium: 534.34mg (15.27%), Copper: 0.24mg (12.12%), Folate: 42.75µg (10.69%), Vitamin B1: 0.15mg (9.99%), Vitamin B5: 0.24mg (2.38%)