

food
network

 **96%**
HEALTH SCORE

Grilled Rib Steak with Warm Salad of Bucheron

 **Gluten Free**  **Very Healthy**

READY IN



105 min.

SERVINGS



2

CALORIES



1794 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings bell pepper black to taste
- ☐ 2 servings bouquet garnic
- ☐ 2 cups chicken stock see
- ☐ 2 handfuls dandelion cleaned trimmed
- ☐ 0.5 teaspoon fennel seed
- ☐ 2 cloves garlic
- ☐ 2 ounces aged goat cheese

- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 1 Handful niçoise olives pitted
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 bunch rosemary
- ☐ 2 pound steaks bone-in
- ☐ 0.5 bunch thyme leaves
- ☐ 2 cups water
- ☐ 4 waxy potatoes peeled sliced

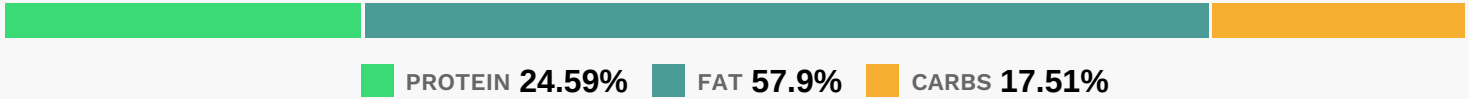
Equipment

- ☐ bowl
- ☐ knife
- ☐ mortar and pestle

Directions

- ☐ Build a fire and let it burn down to glowing embers.
- ☐ Meanwhile, crush the garlic, fennel and black pepper in a mortar to a rough paste. Chop the herbs finely and combine with the garlic and just enough olive oil to make a paste. With the tip of a knife prick a few holes in the surface of the steak and the fatty layer. Rub the marinade on the surface of the beef, pushing into the holes. Set aside to bring to room temperature.
- ☐ Simmer the potatoes in the water and chicken stock with the bouquet garni until cooked through and almost falling apart.
- ☐ Drain and reserve the liquid. Cook the steak over the coals 4 minutes per side for medium. About 2 minutes before the steak is finished cooking, place the herb branches on the coals.
- ☐ Remove steak from the heat and let rest for 2 minutes. Slice and serve with the salad. Be sure to pour any juices that were released from the steak while resting back over it.
- ☐ Bring the cheese to room temperature and crumble into the salad bowl.
- ☐ Add the olives, potatoes, a little of the potato liquid, vinegar, olive oil and dandelion. Season with salt and fresh pepper and toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:88.5, Glycemic Load:0.41, Inflammation Score:-9, Nutrition Score:58.555652504382%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 1793.55kcal (89.68%), Fat: 116.38g (179.05%), Saturated Fat: 39.5g (246.86%), Carbohydrates: 79.19g (26.4%), Net Carbohydrates: 70.54g (25.65%), Sugar: 9.67g (10.75%), Cholesterol: 296.93mg (98.98%), Sodium: 932.16mg (40.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 111.23g (222.46%), Selenium: 119.47µg (170.68%), Zinc: 25.43mg (169.54%), Vitamin B3: 31.17mg (155.83%), Vitamin B6: 2.82mg (141.04%), Vitamin B12: 7.58µg (126.39%), Phosphorus: 1063.72mg (106.37%), Potassium: 3472.72mg (99.22%), Vitamin B2: 1.55mg (90.97%), Iron: 13.6mg (75.55%), Copper: 1.35mg (67.47%), Vitamin B1: 0.87mg (57.74%), Vitamin K: 59.18µg (56.36%), Magnesium: 216.24mg (54.06%), Vitamin C: 40.97mg (49.66%), Vitamin E: 6.51mg (43.37%), Manganese: 0.81mg (40.62%), Fiber: 8.65g (34.6%), Folate: 111.09µg (27.77%), Calcium: 178.47mg (17.85%), Vitamin B5: 1.41mg (14.08%), Vitamin A: 684.14IU (13.68%), Vitamin D: 0.57µg (3.78%)