



 **85%**
HEALTH SCORE

Grilled Sirloin Steak with Summer Vegetable Ragout and Steak Fries

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

READY IN



45 min.

SERVINGS



1

CALORIES



2928 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter whole
- 0.5 cup corn kernels
- 1 cup demi-glace
- 1 tablespoon garlic chopped
- 1 idaho potato
- 2 foot mushrooms white blue sliced (substitute mushrooms or shiitake mushrooms)
- 2 tablespoons pommery mustard

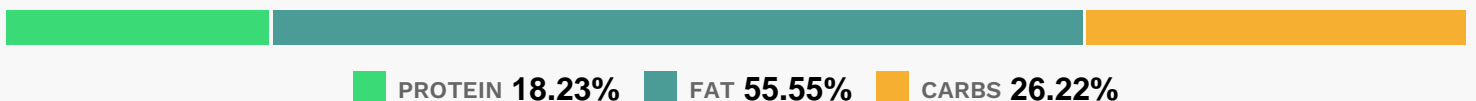
- 1 tablespoon olive oil
- 1 cup ranch dressing
- 1 onion red julienned
- 1 serving salt and pepper
- 1 tablespoon shallots chopped
- 8 ounces grilled sirloin steak
- 1 cup pkt spinach raw
- 0.3 cup a1 steak sauce
- 6 sun gold tomatoes yellow halved (substitute: any cherry tomato)
- 6 s tomatoes sweet halved

Equipment

Directions

- Saute the garlic and shallots in olive oil until tender, about 4 minutes.
- Add the corn, mushrooms, and demi-glace and bring to a simmer. Reduce by 1/2
- Add tomatoes and remove from heat. Swirl in whole butter and add salt and pepper, to taste.
- Place potato in salted, cold water and bring to a boil. Reduce heat and simmer for approximately 20 minutes.
- Drain and cool potato. Quarter and deep-fry until golden brown. Season with salt and pepper.
- Place grilled steak in the center of the dish. Spoon vegetables and sauce over the steak. Top with spinach and onion and drizzle with A1 dressing.
- Mix together all of the ingredients, to taste.

Nutrition Facts



Properties

Glycemic Index:355.75, Glycemic Load:41.86, Inflammation Score:-10, Nutrition Score:76.456956013389%

Flavonoids

Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 3.35mg, Kaempferol: 3.35mg, Kaempferol: 3.35mg, Kaempferol: 3.35mg Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg Quercetin: 28.15mg, Quercetin: 28.15mg, Quercetin: 28.15mg, Quercetin: 28.15mg

Nutrients (% of daily need)

Calories: 2928.39kcal (146.42%), Fat: 180.89g (278.29%), Saturated Fat: 40.11g (250.7%), Carbohydrates: 192.17g (64.06%), Net Carbohydrates: 172.3g (62.65%), Sugar: 69.47g (77.19%), Cholesterol: 219.51mg (73.17%), Sodium: 8876.51mg (385.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 133.55g (267.11%), Vitamin K: 540.45µg (514.71%), Vitamin A: 9639.4IU (192.79%), Vitamin C: 147.74mg (179.08%), Vitamin B6: 2.84mg (141.79%), Phosphorus: 1361.17mg (136.12%), Potassium: 4574.29mg (130.69%), Manganese: 2.39mg (119.43%), Vitamin B12: 6.74µg (112.28%), Iron: 20.18mg (112.1%), Vitamin B3: 19.19mg (95.96%), Selenium: 62.09µg (88.7%), Vitamin E: 13.18mg (87.87%), Folate: 318.29µg (79.57%), Fiber: 19.87g (79.49%), Zinc: 11.44mg (76.27%), Magnesium: 279.54mg (69.89%), Vitamin B2: 1.16mg (68.4%), Copper: 1.3mg (64.89%), Vitamin B1: 0.96mg (64.02%), Vitamin B5: 5.08mg (50.76%), Calcium: 303.45mg (30.34%), Vitamin D: 0.35µg (2.35%)