



# Grilled Tuscan Steak with Fried Egg and Goat Cheese

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 eggs
- 2 tablespoons parsley leaves fresh chopped
- 2 ounces goat cheese crumbled
- 2 tablespoons herbs de provence
- 2 tablespoons plus 2 teaspoons olive oil
- 32 ounce rib-eye steaks
- 4 servings salt and pepper black freshly ground

## Equipment

- frying pan
- grill
- grill pan

## Directions

- Place a grill pan over medium–high heat or preheat a gas or charcoal grill. Season the steaks with salt and pepper.
- Sprinkle both sides of each steak with the herbs de Provence.
- Drizzle with 2 tablespoons of the olive oil. Grill for about 6 to 8 minutes per side for medium–rare.
- Remove the steaks from the heat and allow to rest.
- Meanwhile, in a medium skillet, heat the remaining olive oil over medium–high heat. Crack the eggs directly into the pan, seasoning quickly with salt and pepper. Cook until egg whites are set, about 2 to 3 minutes.
- Place the steaks on 4 serving plates. Carefully place the eggs on top of each steak.
- Sprinkle with the crumbled goat cheese.
- Garnish with the chopped parsley and serve.

## Nutrition Facts

**PROTEIN 33.73%** **FAT 65.16%** **CARBS 1.11%**

## Properties

Glycemic Index:16, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:30.952173792798%

## Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 640.45kcal (32.02%), Fat: 46.41g (71.4%), Saturated Fat: 18.73g (117.08%), Carbohydrates: 1.79g (0.6%), Net Carbohydrates: 0.95g (0.35%), Sugar: 0.34g (0.38%), Cholesterol: 308.55mg (102.85%), Sodium: 234.96mg (10.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.05g (108.11%), Selenium: 69.34µg (99.06%), Zinc: 12.48mg (83.19%), Vitamin K: 75.26µg (71.67%), Vitamin B12: 4.18µg (69.72%), Vitamin B3: 11.32mg (56.62%), Vitamin B6: 1.03mg (51.41%), Vitamin B2: 0.81mg (47.48%), Phosphorus: 455.33mg (45.53%), Iron: 7.59mg (42.14%), Potassium: 700.98mg (20.03%), Copper: 0.33mg (16.69%), Vitamin B1: 0.24mg (15.95%), Magnesium: 60.75mg (15.19%), Vitamin A: 663.07IU (13.26%), Vitamin E: 1.66mg (11.07%), Calcium: 101.43mg (10.14%), Manganese: 0.2mg (9.99%), Folate: 37.72µg (9.43%), Vitamin B5: 0.78mg (7.8%), Vitamin D: 1.16µg (7.76%), Vitamin C: 3.66mg (4.44%), Fiber: 0.83g (3.33%)