



HEALTH SCORE

70%

Make-Ahead Steak with Hazelnut Gremolata and Cauliflower



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small head cauliflower cut into small florets (3 cups florets)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup hazelnuts crushed
- ☐ 2 servings pepper black freshly ground
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 tablespoon olive oil light
- ☐ 2 tablespoons olive oil

☐ 12 ounce sirloin tip (flap meat)

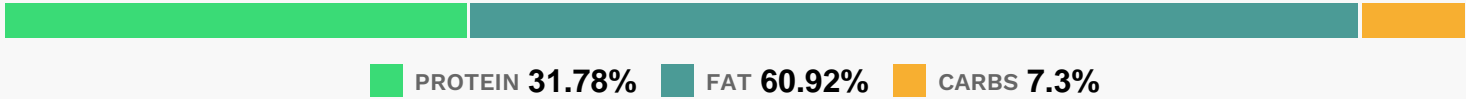
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Preheat oven to 425°F.
- ☐ Heat olive oil in small pan over medium-high heat until just shimmering.
- ☐ Add hazelnuts, turn off the heat, and swirl until just golden brown, about 1 minute. Strain oil and reserve hazelnuts. Spoon 1 tablespoon of hazelnut oil over cauliflower and season with salt and pepper.
- ☐ Transfer to a rimmed baking sheet and roast until lightly browned, 20 to 25 minutes.
- ☐ Meanwhile, season steak with salt and pepper and heat canola, vegetable, or light olive oil in a large skillet over high heat until lightly smoking. Cook steak, turning occasionally, until well browned and center registers 120 to 125°F on an instant read thermometer for medium rare, 130°F for medium, 8 to 10 minutes total.
- ☐ Transfer to a cutting board and allow to rest 10 minute.
- ☐ Combine parsley, lemon zest, hazelnuts, and remaining tablespoon hazelnut oil in a small bowl. Season to taste with salt and pepper.
- ☐ Add to cauliflower and toss to coat. Slice steak.
- ☐ Serve, or refrigerate and serve cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:1.47, Inflammation Score:-7, Nutrition Score:40.165652047033%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 526.52kcal (26.33%), Fat: 36.04g (55.45%), Saturated Fat: 5.83g (36.44%), Carbohydrates: 9.73g (3.24%), Net Carbohydrates: 5.25g (1.91%), Sugar: 3.3g (3.67%), Cholesterol: 103.76mg (34.59%), Sodium: 139.51mg (6.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.31g (84.61%), Vitamin K: 101.41µg (96.58%), Vitamin C: 72.71mg (88.13%), Vitamin B12: 4.88µg (81.36%), Selenium: 54.42µg (77.74%), Zinc: 10.54mg (70.25%), Vitamin B6: 1.39mg (69.68%), Manganese: 1.17mg (58.47%), Vitamin B3: 10.8mg (54%), Phosphorus: 477.03mg (47.7%), Vitamin E: 5.71mg (38.03%), Potassium: 1181.65mg (33.76%), Iron: 5.7mg (31.67%), Folate: 110.74µg (27.68%), Vitamin B2: 0.45mg (26.42%), Vitamin B5: 2.44mg (24.4%), Copper: 0.49mg (24.28%), Magnesium: 89.32mg (22.33%), Vitamin B1: 0.3mg (20.24%), Fiber: 4.47g (17.9%), Vitamin A: 341.51IU (6.83%), Calcium: 63.61mg (6.36%)