



Maple-Balsamic Marinated Steak with Grilled Pear Salad

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 anjou pears red cored halved
- 1 cup regular balsamic vinaigrette reduced-fat
- 16 ounce beef top loin steaks boneless cut (strip)
- 0.3 cup manchego cheese blue crumbled
- 0.3 cup maple syrup
- 8 cups salad greens mixed
- 2 teaspoons coarse grind pepper black

- 1 medium onion red cut into 12 wedges
- 4 servings salt
- 2 teaspoons thyme leaves dried
- 0.3 cup walnuts sliced chopped

Equipment

- bowl
- grill
- ziploc bags
- skewers

Directions

- Combine Marinade ingredients in small bowl. Reserve 1/2 cup marinade for dressing.
- Place beef steaks and 1/3 cup marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours. Reserve remaining marinade for brushing.
- Soak two 10-inch bamboo skewers in water 10 minutes; drain. Thread onion wedges onto skewers.
- Brush onions and cut sides of pears with half reserved marinade.
- Remove steaks from marinade; discard marinade.
- Place steaks on grid over medium, ash-covered coals; arrange onions and pears around steaks. Grill steaks, covered, 11 to 14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145 degrees F) to medium doneness (160 degrees F), turning occasionally. Grill onions 12 to 15 minutes (13 to 16 minutes for gas) and pears 8 to 10 minutes (gas grill times remain the same) or until tender, turning occasionally and brushing steak, onions and pears with remaining reserved marinade.
- Remove onions from skewers. Chop onions and pears into bite-size pieces.
- Combine greens, pears, onions, cheese, nuts and reserved 1/2 cup marinade; toss gently to combine. Carve steaks into slices; season with salt, as desired.
- Serve with salad mixture.

Nutrition Facts

PROTEIN 15.01% FAT 63.55% CARBS 21.44%

Properties

Glycemic Index:49.31, Glycemic Load:9.75, Inflammation Score:-9, Nutrition Score:20.236956492714%

Flavonoids

Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.64mg, Isorhamnetin: 1.64mg, Isorhamnetin: 1.64mg, Isorhamnetin: 1.64mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg

Nutrients (% of daily need)

Calories: 709.21kcal (35.46%), Fat: 50.12g (77.1%), Saturated Fat: 12.69g (79.28%), Carbohydrates: 38.05g (12.68%), Net Carbohydrates: 33.94g (12.34%), Sugar: 24.06g (26.74%), Cholesterol: 105.08mg (35.03%), Sodium: 849.4mg (36.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.62g (53.25%), Manganese: 1.06mg (53.19%), Vitamin B6: 0.78mg (38.76%), Selenium: 26.58µg (37.97%), Vitamin B3: 6.61mg (33.06%), Vitamin C: 26.12mg (31.66%), Zinc: 4.47mg (29.77%), Phosphorus: 284.18mg (28.42%), Vitamin B2: 0.46mg (27.22%), Potassium: 718.13mg (20.52%), Vitamin A: 1024.89IU (20.5%), Vitamin B12: 1.04µg (17.39%), Calcium: 168.85mg (16.88%), Copper: 0.34mg (16.8%), Fiber: 4.11g (16.44%), Iron: 2.84mg (15.78%), Folate: 60.18µg (15.05%), Magnesium: 59.55mg (14.89%), Vitamin B1: 0.17mg (11.02%), Vitamin B5: 0.86mg (8.56%), Vitamin K: 7.67µg (7.31%), Vitamin E: 0.64mg (4.26%)