



Perfect Steak with Radish Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 head boston lettuce
- ☐ 0.5 cucumber peeled chopped (, if desired)
- ☐ 3.1 teaspoons coarsely ground pepper black
- ☐ 2.5 teaspoons kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 radishes trimmed thinly sliced
- ☐ 1 tablespoon sherry vinegar

☐ 2 pound sirloin steaks

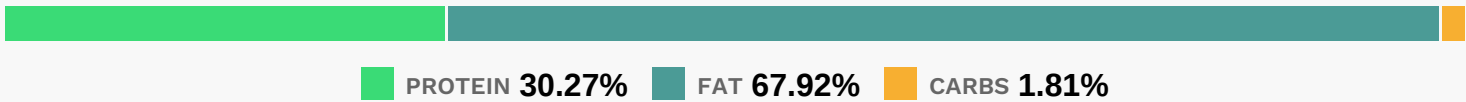
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Pat the steaks dry with paper towels. Season with 2 teaspoons of the salt and 3 teaspoons of the pepper.
- ☐ Heat the olive oil in a large cast-iron skillet over medium-high heat.
- ☐ Add the steaks and cook to the desired doneness, 5 to 6 minutes per side for medium-rare.
- ☐ Let rest for 10 minutes. In a small bowl, whisk together the vinegar, extra-virgin olive oil, and the remaining salt and pepper. In a large bowl, combine the radishes, cucumber, and lettuce with the vinaigrette. Slice the steak and serve with the salad.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.3, Inflammation Score:-8, Nutrition Score:26.358695631442%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 642.32kcal (32.12%), Fat: 47.82g (73.56%), Saturated Fat: 15.6g (97.51%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 1.69g (0.62%), Sugar: 0.99g (1.09%), Cholesterol: 127.01mg (42.34%), Sodium: 1581.14mg (68.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.95g (95.91%), Vitamin B12: 6.3µg (105.08%), Selenium: 37.81µg (54.01%), Vitamin K: 55.43µg (52.79%), Zinc: 7.62mg (50.79%), Vitamin B6: 0.92mg (46.09%),

Vitamin B3: 8.42mg (42.1%), Phosphorus: 419.52mg (41.95%), Iron: 5.42mg (30.11%), Vitamin A: 1385.47IU (27.71%),
Vitamin B2: 0.45mg (26.31%), Potassium: 880.77mg (25.16%), Vitamin B1: 0.26mg (17.59%), Manganese: 0.34mg
(16.87%), Magnesium: 58.42mg (14.6%), Vitamin E: 2.12mg (14.11%), Folate: 49.87µg (12.47%), Copper: 0.24mg
(11.83%), Vitamin B5: 0.88mg (8.83%), Fiber: 1.17g (4.68%), Calcium: 42.31mg (4.23%), Vitamin C: 3.32mg (4.02%)