

Pittsburgh Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



871 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces balsamic white
- ☐ 1 pound beef medallions
- ☐ 1 cup cheese blue crumbled
- ☐ 1 ounce dijon mustard
- ☐ 2 ounces grapeseed oil
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 teaspoon ground pepper white
- ☐ 1 head iceberg lettuce

- ☐ 0.5 cup onion rings red (1/)
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sea salt
- ☐ 1 large vine tomato ripe sliced
- ☐ 4 ounces vegetable olive oil blend

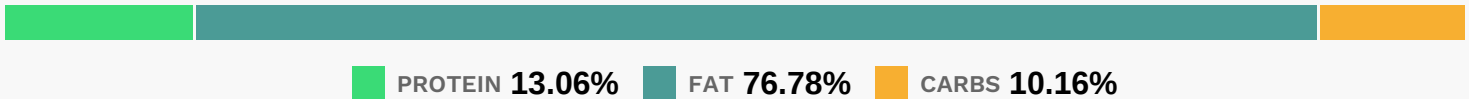
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ For the dressing: In a small bowl, whisk together the vinegar, mustard salt and pepper. Next, slowly drizzle in the oil until smooth and emulsified.
- ☐ For the salad: Peel and clean the exterior of the lettuce head, then from top to bottom, slice and quarter the lettuce. Next, over medium-high heat, add grapeseed oil to a saute pan and allow to warm.
- ☐ Sprinkle both sides of each medallion with the salt and pepper, and then add the medallions to the pan. Allow the medallion to cook, in batches if needed, for 2 to 3 minutes on the first side, and then flip and repeat the process. After cooking the second side, remove and allow the medallions to rest. To build the salad, lay the lettuce on plate, and then add the tomato, onion, blue cheese and 2 ounces of dressing and serve.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:1.91, Inflammation Score:-8, Nutrition Score:24.643913056539%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 871.17kcal (43.56%), Fat: 75.44g (116.07%), Saturated Fat: 20.76g (129.78%), Carbohydrates: 22.46g (7.49%), Net Carbohydrates: 19.52g (7.1%), Sugar: 10.64g (11.82%), Cholesterol: 105.83mg (35.28%), Sodium: 1721.42mg (74.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.88g (57.76%), Vitamin K: 91.65µg (87.29%), Vitamin E: 7.47mg (49.8%), Vitamin B12: 2.84µg (47.31%), Zinc: 6.01mg (40.04%), Phosphorus: 361.94mg (36.19%), Selenium: 24.57µg (35.1%), Vitamin B3: 5.64mg (28.2%), Vitamin B6: 0.55mg (27.26%), Vitamin A: 1319.77IU (26.4%), Calcium: 238.97mg (23.9%), Potassium: 733.98mg (20.97%), Vitamin B2: 0.35mg (20.58%), Iron: 3.21mg (17.83%), Folate: 70.35µg (17.59%), Manganese: 0.34mg (16.78%), Vitamin C: 11.57mg (14.02%), Vitamin B5: 1.37mg (13.65%), Magnesium: 47.56mg (11.89%), Fiber: 2.94g (11.75%), Vitamin B1: 0.15mg (10.24%), Copper: 0.16mg (8.14%), Vitamin D: 0.28µg (1.88%)