



Rib-Eye Steaks with Radicchio, Pear, and Blue Cheese Salad

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



808 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 ounces cheese blue chilled crumbled
- ☐ 1.5 teaspoons honey
- ☐ 1 cup baby greens mixed packed ()
- ☐ 3 tablespoons olive oil divided
- ☐ 1 small comice pear cored ripe thinly sliced quartered
- ☐ 2 servings coarsely cracked pepper black
- ☐ 2 cups radicchio thinly finely sliced

- ☐ 16 ounce rib-eye steaks trimmed (each)
- ☐ 1 tablespoon shallots minced
- ☐ 1 tablespoon sherry wine vinegar

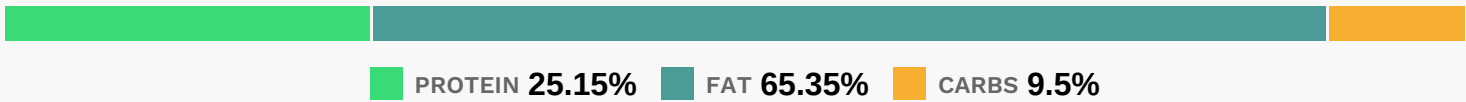
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk 2 tablespoons olive oil, Sherry wine vinegar, minced shallot, and honey in large bowl. Season dressing to taste with salt and pepper.
- ☐ Sprinkle steaks generously with cracked black pepper and salt.
- ☐ Heat 1 tablespoon oil in heavy medium skillet over medium-high heat.
- ☐ Add steaks; cook to desired doneness, about 3 minutes per side for medium-rare.
- ☐ Transfer to plates.
- ☐ Add last 4 ingredients to dressing; toss. Mound salad alongside steaks and serve.

Nutrition Facts



Properties

Glycemic Index:89.01, Glycemic Load:5.9, Inflammation Score:-7, Nutrition Score:32.102608400842%

Flavonoids

Cyanidin: 52.32mg, Cyanidin: 52.32mg, Cyanidin: 52.32mg, Cyanidin: 52.32mg Delphinidin: 3.07mg, Delphinidin: 3.07mg, Delphinidin: 3.07mg, Delphinidin: 3.07mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

Luteolin: 15.22mg, Luteolin: 15.22mg, Luteolin: 15.22mg, Luteolin: 15.22mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Quercetin: 13.23mg, Quercetin: 13.23mg, Quercetin: 13.23mg, Quercetin: 13.23mg

Nutrients (% of daily need)

Calories: 808.25kcal (40.41%), Fat: 59.4g (91.38%), Saturated Fat: 21.18g (132.4%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 16.58g (6.03%), Sugar: 12.27g (13.63%), Cholesterol: 154.29mg (51.43%), Sodium: 379.04mg (16.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.42g (102.85%), Vitamin K: 122.01µg (116.2%), Selenium: 59.04µg (84.35%), Zinc: 12.6mg (83.99%), Vitamin B12: 4.02µg (67.07%), Vitamin B3: 11.67mg (58.35%), Vitamin B6: 1.02mg (50.96%), Phosphorus: 445.52mg (44.55%), Vitamin B2: 0.67mg (39.23%), Vitamin E: 4.07mg (27.15%), Potassium: 927.18mg (26.49%), Iron: 4.7mg (26.1%), Copper: 0.4mg (20.04%), Magnesium: 66.72mg (16.68%), Vitamin B1: 0.23mg (15.34%), Calcium: 148.27mg (14.83%), Vitamin C: 11.49mg (13.92%), Folate: 52.86µg (13.22%), Fiber: 2.85g (11.4%), Vitamin A: 453.5IU (9.07%), Manganese: 0.16mg (7.85%), Vitamin B5: 0.56mg (5.55%), Vitamin D: 0.33µg (2.22%)