



WHATSHEATE



HEALTH SCORE

65%

Rosemary-Garlic Steaks with Arugula, Tomatoes and Parmigiano-Reggiano



Gluten Free



Very Healthy

READY IN



28 min.

SERVINGS



4

CALORIES



1033 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups arugula leaves
- ☐ 1 pint cherry heirloom tomatoes red yellow cut into bite-size pieces
- ☐ 2 cloves garlic halved
- ☐ 4 servings grill seasoning black freshly ground
- ☐ 1 optional: lemon
- ☐ 4 servings olive oil extra-virgin for drizzling, plus 2 tablespoons
- ☐ 4 servings parmigiano-reggiano for grating

- ☐ 4 sprigs rosemary very finely chopped
- ☐ 4 sirloin steaks

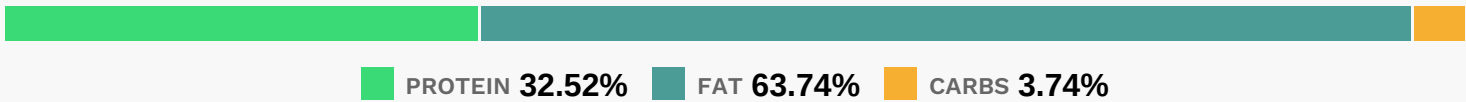
Equipment

- ☐ grill
- ☐ grill pan
- ☐ peeler

Directions

- ☐ Heat grill or grill pan to medium-high to high.
- ☐ Rub room temperature meat with cut garlic.
- ☐ Drizzle the meat with olive oil, rub with rosemary and season liberally with salt and pepper or grill seasoning. Cook steaks 4 minutes on each side for medium, let rest 5 minutes then slice.
- ☐ Dress greens and halved or chopped tomatoes with the juice of 1 lemon, 2 tablespoons olive oil and salt and pepper. Pile salad on top of sliced steak and garnish with long grates of cheese made with vegetable peeler.

Nutrition Facts



Properties

Glycemic Index:54.13, Glycemic Load:1.01, Inflammation Score:-8, Nutrition Score:40.577391334202%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7mg, Kaempferol: 7mg, Kaempferol: 7mg, Kaempferol: 7mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 1033.1kcal (51.65%), Fat: 72.51g (111.55%), Saturated Fat: 27.34g (170.9%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 7.58g (2.76%), Sugar: 4.29g (4.76%), Cholesterol: 210.8mg (70.27%), Sodium: 683.76mg (29.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.22g (166.44%), Vitamin B12: 9.81µg (163.53%), Selenium: 63.83µg (91.19%), Phosphorus: 850.17mg (85.02%), Zinc: 12.27mg (81.83%), Vitamin B6: 1.47mg (73.48%), Vitamin B3: 13.15mg (65.77%), Vitamin C: 44.81mg (54.32%), Iron: 8.48mg (47.12%), Vitamin B2: 0.76mg (44.85%), Calcium: 432.21mg (43.22%), Potassium: 1455.58mg (41.59%), Vitamin K: 34.24µg (32.61%), Vitamin B1: 0.42mg (27.83%), Magnesium: 104.17mg (26.04%), Vitamin A: 1297.11IU (25.94%), Copper: 0.4mg (19.92%), Vitamin E: 2.87mg (19.15%), Folate: 60.62µg (15.15%), Vitamin B5: 1.49mg (14.92%), Manganese: 0.29mg (14.32%), Fiber: 2g (8.01%)