



 **60%**
HEALTH SCORE

Spiced Steak Caesar

 **Gluten Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 1.5 teaspoons pepper black
- 2 fillet anchovy canned
- 2 teaspoons thyme leaves dried
- 1 tablespoon fennel seeds crushed
- 0.8 pound flank steak
- 1 clove garlic finely chopped
- 3 cloves garlic pressed

- 0.5 juice of lemon juiced
- 1.5 teaspoons olive oil
- 6 tablespoons olive oil
- 0.3 cup parmesan grated
- 2 tablespoons parmesan grated
- 1 head romaine lettuce
- 0.3 teaspoon salt
- 0.8 teaspoon salt
- 0.5 teaspoon worcestershire sauce

Equipment

- bowl
- frying pan
- blender

Directions

- Mix garlic, fennel seeds, thyme, salt, 1/2 teaspoon pepper and 1/2 teaspoon oil in a small bowl. Rub over flank steak.
- Heat remaining 1 teaspoon oil in large skillet over medium-high heat.
- Add steak, cook 5 minutes on each side for medium-rare, until internal temperature registers 145 degrees F, or until desired doneness.
- Place romaine in a large bowl.
- Add Parmesan, remaining 1 teaspoon pepper and dressing; toss to coat. Divide salad equally among 4 plates. Slice steak into thin slices across grain at a 45 degree angle. Arrange over salad.
- Place oil, lemon juice, anchovy fillets and Worcestershire sauce in a blender. Whirl until smooth. Stir in garlic, Parmesan, salt and pepper. Refrigerate, tightly covered, up to several days.

Nutrition Facts



■ PROTEIN 24.09% ■ FAT 67.42% ■ CARBS 8.49%

Properties

Glycemic Index:44.5, Glycemic Load:0.46, Inflammation Score:-10, Nutrition Score:27.787391231112%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 391.84kcal (19.59%), Fat: 29.84g (45.91%), Saturated Fat: 6.41g (40.08%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 4.1g (1.49%), Sugar: 2.15g (2.38%), Cholesterol: 57.4mg (19.13%), Sodium: 810mg (35.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.99g (47.99%), Vitamin A: 13726.25IU (274.52%), Vitamin K: 185.15µg (176.33%), Folate: 226.98µg (56.75%), Selenium: 28.52µg (40.75%), Vitamin B6: 0.69mg (34.52%), Vitamin B3: 6.06mg (30.32%), Phosphorus: 295.67mg (29.57%), Manganese: 0.55mg (27.36%), Zinc: 4.01mg (26.71%), Vitamin E: 3.78mg (25.2%), Iron: 4.12mg (22.9%), Potassium: 749.86mg (21.42%), Calcium: 212.3mg (21.23%), Fiber: 4.35g (17.39%), Vitamin B12: 0.88µg (14.72%), Vitamin B2: 0.25mg (14.54%), Magnesium: 54.17mg (13.54%), Vitamin B1: 0.19mg (12.98%), Vitamin C: 9.31mg (11.28%), Copper: 0.18mg (9.22%), Vitamin B5: 0.84mg (8.36%)