

 **100%**
HEALTH SCORE

Steak Florentine

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

READY IN



45 min.

SERVINGS



2

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon garlic minced
- 2 servings pepper black freshly ground
- 1 tablespoon olive oil
- 2 tablespoons parmesan cheese freshly grated
- 1 tablespoon shallots minced (1 small shallot)
- 1 pound pkt spinach fresh stemmed
- 20 ounce pork steaks
- 1.5 tablespoons butter unsalted

Equipment

- frying pan
- oven
- roasting pan
- broiler
- broiler pan

Directions

- Remove the steaks from the refrigerator and let them rest at room temperature for 30 to 60 minutes. Preheat the oven to 400°F.
- In a large sauté pan, melt 1 tablespoon of the butter over medium heat and when hot, add the shallots and cook for 1 to 2 minutes or until soft.
- Add the spinach to the pan and cook for 3 to 4 minutes, stirring, or until the spinach just wilts. Do not let it get too limp.
- Remove the pan from the heat, cover to keep warm, and set aside.
- In a small sauté pan, heat the remaining 1/2 tablespoon butter over medium-low heat and cook the garlic for 2 to 3 minutes or until it begins to brown. Set aside.
- Lightly sprinkle the steaks with salt and pepper.
- In another large sauté pan, heat the olive oil over medium-high heat and when very hot, sear the steaks for about 2 minutes on each side.
- Transfer the steaks to a roasting pan and roast for 3 to 4 minutes or until barely medium-rare.
- Remove the steaks from the oven and turn on the broiler.
- Drain the liquid from the spinach and spread the spinach in a broiler pan. Set the steaks on top of the spinach and then top each steak with the garlic and butter.
- Sprinkle a tablespoon of cheese over each steak and broil for 1 to 2 minutes or until the cheese melts and is lightly browned.
- Let the steak rest for 5 to 10 minutes. Divide between 2 plates.
- Taste
- Book, using the USDA Nutrition Database

Trained as a professional chef, he currently serves as vice chairman to the company. Fritsch lives in Chicago. Visit mortons.com. Mary Goodbody is a nationally known food writer, consultant, and cookbook editor who has worked on more than sixty books. She lives in Connecticut.

Nutrition Facts

PROTEIN 41.26% **FAT 51.31%** **CARBS 7.43%**

Properties

Glycemic Index:62, Glycemic Load:1.63, Inflammation Score:-10, Nutrition Score:65.114347996919%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Kaempferol: 14.48mg, Kaempferol: 14.48mg, Kaempferol: 14.48mg, Kaempferol: 14.48mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg

Nutrients (% of daily need)

Calories: 594.4kcal (29.72%), Fat: 34.02g (52.33%), Saturated Fat: 12.95g (80.92%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 5.83g (2.12%), Sugar: 1.4g (1.55%), Cholesterol: 197.02mg (65.67%), Sodium: 453.54mg (19.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.54g (123.09%), Vitamin K: 1100.73µg (1048.32%), Vitamin A: 21573.43IU (431.47%), Selenium: 84.7µg (121%), Vitamin B1: 1.77mg (118.12%), Folate: 442.44µg (110.61%), Manganese: 2.17mg (108.51%), Vitamin B6: 1.99mg (99.54%), Vitamin B2: 1.54mg (90.8%), Vitamin C: 65.38mg (79.25%), Zinc: 11.02mg (73.47%), Phosphorus: 727.29mg (72.73%), Vitamin B3: 14.13mg (70.63%), Potassium: 2272.43mg (64.93%), Magnesium: 245.72mg (61.43%), Iron: 9.75mg (54.16%), Vitamin B5: 4.66mg (46.57%), Vitamin B12: 2.67µg (44.42%), Vitamin E: 6.57mg (43.78%), Calcium: 320.54mg (32.05%), Copper: 0.61mg (30.27%), Fiber: 5.26g (21.04%), Vitamin D: 1.88µg (12.56%)