



Steak House Pizza

READY IN



30 min.

SERVINGS



6

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups arugula loosely packed
- ☐ 3 tablespoons balsamic vinaigrette
- ☐ 8 ounce beef tenderloin steaks
- ☐ 0.3 teaspoon pepper black
- ☐ 2 ounces cheese blue crumbled
- ☐ 2 garlic clove minced
- ☐ 0.1 teaspoon kosher salt
- ☐ 8 teaspoons olive oil divided
- ☐ 1 pound pizza dough fresh

☐ 0.3 cup onion red thinly sliced

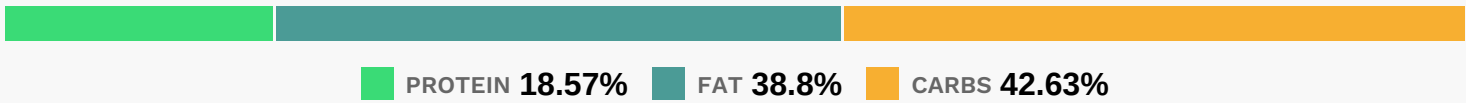
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pizza pan
- ☐ microwave

Directions

- ☐ Preheat oven to 45
- ☐ Place dough in a bowl; microwave at MEDIUM (50% power) for 45 seconds.
- ☐ Let stand 5 minutes.
- ☐ Roll dough into 14-inch circle.
- ☐ Place on pizza pan; pierce with fork.
- ☐ Combine 2 tablespoons oil and garlic; brush over dough.
- ☐ Bake at 450 for 14 minutes.
- ☐ Heat remaining 2 teaspoons oil in a skillet over medium-high heat.
- ☐ Sprinkle steaks with salt.
- ☐ Add steaks to pan; cook 3 minutes on each side.
- ☐ Remove from pan; let stand for 5 minutes.
- ☐ Cut across grain into slices.
- ☐ Combine arugula, onion, and vinaigrette. Arrange over crust; top with steak, cheese, and pepper.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:7.8756521706996%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 357.62kcal (17.88%), Fat: 15.48g (23.82%), Saturated Fat: 4.18g (26.12%), Carbohydrates: 38.27g (12.76%), Net Carbohydrates: 36.77g (13.37%), Sugar: 5.55g (6.17%), Cholesterol: 31.28mg (10.43%), Sodium: 796.15mg (34.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.67g (33.34%), Selenium: 13.12µg (18.74%), Vitamin K: 18.6µg (17.72%), Iron: 2.94mg (16.33%), Vitamin B6: 0.28mg (14.06%), Vitamin B3: 2.57mg (12.87%), Phosphorus: 126.1mg (12.61%), Zinc: 1.84mg (12.26%), Calcium: 84.09mg (8.41%), Vitamin A: 389.18IU (7.78%), Vitamin B12: 0.47µg (7.78%), Vitamin E: 0.97mg (6.46%), Potassium: 222.12mg (6.35%), Fiber: 1.5g (6.01%), Folate: 22.56µg (5.64%), Vitamin B2: 0.1mg (5.6%), Vitamin B5: 0.48mg (4.82%), Magnesium: 18.19mg (4.55%), Manganese: 0.08mg (4.19%), Vitamin C: 2.81mg (3.4%), Vitamin B1: 0.04mg (2.78%), Copper: 0.05mg (2.47%)