



 **92%**
HEALTH SCORE

Steak Pizzaola with The Works

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

READY IN



37 min.

SERVINGS



2

CALORIES



1187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes crushed canned
- 0.3 cup cheese grated
- 0.5 cup cooking wine dry red
- 4 cloves garlic crushed
- 1 bell pepper green seeded sliced
- 12 mushrooms sliced
- 3 tablespoons olive oil extra-virgin
- 1 small onion sliced

- 1 teaspoon oregano dried fresh chopped
- 0.3 stick pepperoni chopped
- 1 teaspoon pepper flakes red crushed
- 24 ounce rib-eye steak
- 2 servings salt and pepper

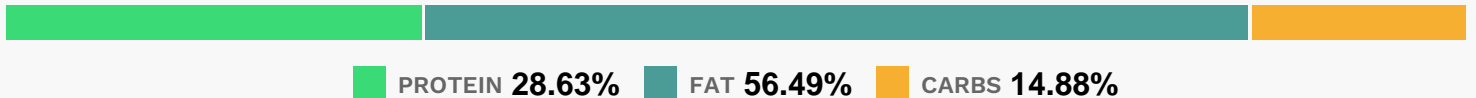
Equipment

- frying pan

Directions

- Heat a large nonstick skillet over high heat. Season the steak with salt and pepper.
- Add 2 tablespoons extra-virgin olive oil to the pan. Brown 3 minutes on each side and remove.
- Add another turn of the pan extra-virgin olive oil and reduce heat to medium high.
- Add garlic, pepper flakes, mushrooms, onions, peppers and pepperoni, if using. Cook mixture 5 minutes, then add wine and scrape up any good-bits from the bottom of the skillet.
- Add tomatoes, oregano, salt and pepper, to taste. Slide steak back in and reduce heat to medium. Cover pan and cook 5 or 6 minutes for medium rare, 10 to 12 minutes for medium well.
- Remove meat, cut away from bone or divide into 2 large portions. Cover steaks with sauce and top with grated cheese.

Nutrition Facts



Properties

Glycemic Index:98.5, Glycemic Load:10.57, Inflammation Score:-10, Nutrition Score:61.948260639025%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin:

4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg
Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.86mg, Luteolin: 2.86mg,
Luteolin: 2.86mg, Luteolin: 2.86mg Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin:
1.77mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.28mg,
Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin:
8.87mg, Quercetin: 8.87mg

Nutrients (% of daily need)

Calories: 1186.6kcal (59.33%), Fat: 74.28g (114.28%), Saturated Fat: 26.69g (166.82%), Carbohydrates: 44.01g
(14.67%), Net Carbohydrates: 32.77g (11.91%), Sugar: 23.02g (25.58%), Cholesterol: 216.18mg (72.06%), Sodium:
1124.75mg (48.9%), Alcohol: 6.3g (100%), Alcohol %: 0.76% (100%), Protein: 84.71g (169.42%), Selenium: 100.69µg
(143.84%), Vitamin B3: 26.41mg (132.05%), Zinc: 19.77mg (131.81%), Vitamin B6: 2.37mg (118.53%), Vitamin C:
91.36mg (110.74%), Vitamin B12: 5.85µg (97.46%), Vitamin B2: 1.59mg (93.6%), Phosphorus: 842.81mg (84.28%),
Potassium: 2679.81mg (76.57%), Copper: 1.46mg (73.24%), Iron: 12.75mg (70.85%), Vitamin E: 8.82mg (58.82%),
Manganese: 1.07mg (53.58%), Vitamin B1: 0.77mg (51.06%), Vitamin K: 50.92µg (48.5%), Magnesium: 182.29mg
(45.57%), Fiber: 11.25g (44.99%), Calcium: 354.85mg (35.48%), Vitamin B5: 3.11mg (31.14%), Vitamin A: 1536.87IU
(30.74%), Folate: 98.52µg (24.63%), Vitamin D: 0.64µg (4.3%)