

food
network



HEALTH SCORE

53%

Steak with Tomato-Bacon Salad Topper



Gluten Free

READY IN

**30 min.**

SERVINGS

**4**

CALORIES

**1234 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby arugula
- ☐ 8 slices smoky bacon
- ☐ 1 cup basil leaves shredded
- ☐ 2 large garlic cloves halved
- ☐ 2 pints multi-colored baby heirloom tomatoes halved quartered
- ☐ 4 servings olive oil extra-virgin for drizzling, plus 3 tablespoons
- ☐ 4 servings parmigiano-reggiano for shaving
- ☐ 0.5 small onion red chopped

- ☐ 2 sprigs rosemary chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 sirloin steaks

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ grill
- ☐ grill pan
- ☐ broiler pan

Directions

- ☐ Heat oven to 375 degrees F. Arrange the bacon on a slotted broiler pan or a baking rack set over a baking sheet.
- ☐ Bake until crisp.
- ☐ Remove from the oven to paper towels to drain. Reserve.
- ☐ While the bacon cooks, heat a grill pan or outdoor grill to medium-high. Rub the steaks on both sides with the cut garlic cloves and dress with a drizzle of extra-virgin olive oil, chopped rosemary, and salt and pepper, to taste.
- ☐ In a large bowl combine the tomatoes, onions, basil and the remaining 3 tablespoons of extra-virgin olive oil. Season with salt and pepper, to taste.
- ☐ Grill the steaks for 5 minutes on each side for medium-rare, more or less for desired doneness.
- ☐ Chop the bacon and add it to the tomato salad, then fold in the arugula.
- ☐ Serve the steaks whole or sliced with lots of salad on top, garnished with a few shaves of Parmigianino-Reggiano.

Nutrition Facts



 PROTEIN **29.29%**  FAT **66.41%**  CARBS **4.3%**

Properties

Glycemic Index:81.5, Glycemic Load:3.23, Inflammation Score:-9, Nutrition Score:47.223912736644%

Flavonoids

Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 1234.26kcal (61.71%), Fat: 90.21g (138.79%), Saturated Fat: 33.23g (207.68%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 9.73g (3.54%), Sugar: 7.28g (8.09%), Cholesterol: 239.84mg (79.95%), Sodium: 971.38mg (42.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 89.51g (179.03%), Vitamin B12: 10.03µg (167.2%), Selenium: 72.03µg (102.9%), Phosphorus: 934.98mg (93.5%), Zinc: 13.04mg (86.92%), Vitamin B6: 1.68mg (83.92%), Vitamin B3: 15.71mg (78.56%), Vitamin K: 63.67µg (60.64%), Vitamin A: 2777.68IU (55.55%), Potassium: 1808.67mg (51.68%), Vitamin B2: 0.81mg (47.71%), Iron: 8.39mg (46.62%), Vitamin C: 36.51mg (44.25%), Calcium: 435.18mg (43.52%), Vitamin B1: 0.58mg (38.45%), Magnesium: 123.08mg (30.77%), Vitamin E: 3.64mg (24.3%), Manganese: 0.48mg (24.11%), Copper: 0.48mg (23.92%), Folate: 74.6µg (18.65%), Vitamin B5: 1.73mg (17.28%), Fiber: 3.41g (13.63%), Vitamin D: 0.33µg (2.17%)