



## Steakhouse Wedge Salad with Blackened Flatiron 'Croutons'

 Gluten Free

READY IN



180 min.

SERVINGS



4

CALORIES



518 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 cup cheese blue divided crumbled ( )
- ☐ 0.5 cup buttermilk as needed ( )
- ☐ 0.1 teaspoon cayenne pepper to taste ( )
- ☐ 1 cup cherry tomatoes halved ( )
- ☐ 0.3 cup chives minced
- ☐ 1 flatiron steak marinated if you like ( 2 plus pounds)
- ☐ 1 tablespoon garlic powder

- ☐ 1 head iceberg lettuce
- ☐ 1 pinch kosher salt as needed for seasoning ( )
- ☐ 0.3 cup olive oil divided ( )
- ☐ 1 tablespoon onion powder
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon freshly cracked pepper black plus more for seasoning)
- ☐ 0.5 cup radishes thinly sliced
- ☐ 0.5 cup onions red thinly sliced
- ☐ 1 small shallots minced ( )
- ☐ 1.5 tablespoon paprika smoked
- ☐ 0.8 cup cup heavy whipping cream sour as needed ( )
- ☐ 1 tablespoon thyme leaves dried
- ☐ 1 tablespoon citrus champagne vinegar

## Equipment

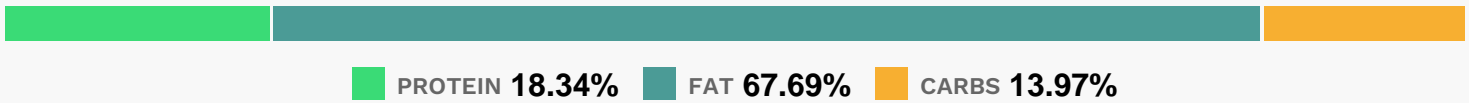
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Cut the steak into 1-inch cubes. Set aside at room temperature.
- ☐ Place the spice mixture in a shallow bowl. Coat the cubes of steak in the mixture. Set aside in a single layer.
- ☐ Place a large cast iron skillet over medium high heat.
- ☐ Add 2 tablespoons oil and let it get quite hot, almost smoking. Once the oil in the pan is hot (it should shimmer) add a few chunks of steak to the pan. Do not crowd them, work in batches. Quickly blacken the meat on all sides, turning often. Cook each one about 2 minutes total for medium rare. Move them to a paper towel lined plate to drain as they finish. Continue cooking the meat in batches until it is all blackened. You will need to refresh the oil once or twice during the process.

- ☐ Let it become hot again before continuing.Assemble the salad: Peel a few of the outer layers away from the head of iceberg lettuce. You should be left with a tight, compact ball about 7– inches in diameter. Locate the stem end and cut through it to form 4 equal–sized wedges.
- ☐ Place each wedge on a serving plate.
- ☐ Place several blackened flatiron ‘croutons’ next to each wedge, then divide the tomatoes, onions and radishes between each plate.
- ☐ Drizzle the salads with a few tablespoons dressing.
- ☐ Garnish with remaining blue cheese and chives. Season with more black pepper if you like.Like this:Like Loading...

## Nutrition Facts



## Properties

Glycemic Index:89.5, Glycemic Load:2.47, Inflammation Score:-10, Nutrition Score:27.090869520022%

## Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

## Nutrients (% of daily need)

Calories: 518.23kcal (25.91%), Fat: 39.85g (61.31%), Saturated Fat: 15.7g (98.12%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 13.89g (5.05%), Sugar: 8.81g (9.78%), Cholesterol: 95.31mg (31.77%), Sodium: 518.97mg (22.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.58%), Vitamin B12: 3.8µg (63.28%), Vitamin A: 2956.71IU (59.13%), Vitamin K: 54.97µg (52.35%), Zinc: 6.12mg (40.78%), Selenium: 27.76µg (39.66%), Phosphorus: 380.8mg (38.08%), Calcium: 332.15mg (33.21%), Vitamin B2: 0.5mg (29.43%), Vitamin B6: 0.58mg (28.83%), Vitamin C: 21.57mg (26.14%), Potassium: 860.48mg (24.59%), Vitamin E: 3.68mg (24.51%), Manganese: 0.46mg (23.19%), Iron: 3.98mg (22.1%), Folate: 79.64µg (19.91%), Fiber: 4.61g (18.45%), Vitamin B5: 1.79mg (17.92%), Vitamin B3: 3.35mg (16.75%), Magnesium: 59.81mg (14.95%), Vitamin B1: 0.21mg (13.82%), Copper: 0.25mg (12.29%), Vitamin D: 0.56µg (3.72%)