



 **53%**
HEALTH SCORE

T-Bone Steaks with Chopped Green Garni, Broiled Tomatoes with Cheese, Olives and Herbs

READY IN



37 min.

SERVINGS



6

CALORIES



963 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups arugula chopped
- 1 cup torn basil shredded (20 leaves)
- 0.5 cup olives green black pitted
- 3 slices bread trimmed
- 3 handfuls flat-leaf parsley tops
- 0.5 juice of lemon juiced
- 0.3 cup olive oil extra-virgin for drizzling

- 0.8 cup romano grated
- 5 to 6 stems sage fresh
- 6 servings salt and pepper
- 6 t-bone steaks 1-inch-thick ()
- 6 vine-ripe tomatoes

Equipment

- food processor
- frying pan
- baking sheet
- oven
- broiler
- broiler pan

Directions

- Preheat oven to 375 degrees F.
- Preheat a large griddle or large skillet over high heat.
- Brush the meat with extra-virgin olive oil, you'll need about 1/4 cup. Sear the steaks 2 minutes on each side, 3 at a time. Arrange steaks on baking sheet. When steaks are all seared off, transfer to oven and roast 5 to 6 minutes for medium doneness, subtract or add 2 minutes to that time for medium-rare to medium-well.
- Place tomatoes on a broiler pan and season with salt and pepper.
- Combine the bread, olives, parsley, sage and Romano in the food processor and pulse grind the mixture. Dress the mixture with some extra-virgin olive oil salt and pepper and fill the tomatoes.
- Dress chopped arugula and basil with a little lemon juice, extra-virgin olive oil, and salt and pepper.
- Remove steaks and let rest. Switch broiler on and broil tomatoes a couple of minutes to brown the cheese and bread crumbs on top.
- Serve steaks with greens on top and broiled tomatoes alongside.

Nutrition Facts

PROTEIN 32.6% FAT 61.95% CARBS 5.45%

Properties

Glycemic Index:42.94, Glycemic Load:5.05, Inflammation Score:-8, Nutrition Score:40.173912749342%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 963.45kcal (48.17%), Fat: 65.45g (100.69%), Saturated Fat: 24.19g (151.17%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 10.32g (3.75%), Sugar: 4.42g (4.91%), Cholesterol: 203.4mg (67.8%), Sodium: 778.55mg (33.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.49g (154.97%), Vitamin B12: 9.59µg (159.87%), Selenium: 62.08µg (88.69%), Zinc: 11.92mg (79.47%), Phosphorus: 741.71mg (74.17%), Vitamin B6: 1.43mg (71.7%), Vitamin B3: 13.98mg (69.88%), Vitamin K: 72.92µg (69.45%), Iron: 8.23mg (45.71%), Vitamin B2: 0.73mg (42.87%), Potassium: 1427.65mg (40.79%), Vitamin A: 1658.79IU (33.18%), Vitamin B1: 0.46mg (30.45%), Vitamin C: 22.23mg (26.94%), Copper: 0.51mg (25.28%), Magnesium: 100.54mg (25.13%), Manganese: 0.43mg (21.42%), Calcium: 210.14mg (21.01%), Vitamin E: 2.52mg (16.82%), Folate: 64.69µg (16.17%), Vitamin B5: 1.38mg (13.83%), Fiber: 2.65g (10.62%)