



Tagliatta and Everything Salad

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



678 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bundle arugula chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 1 bulb fennel fresh
- ☐ 5 sprigs rosemary fresh
- ☐ 4 large cloves garlic
- ☐ 2 large golden beets
- ☐ 1 teaspoon ground cumin
- ☐ 1 juice of lemon juiced

- ☐ 1 lemon zest
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 servings olive oil extra-virgin for drizzling
- ☐ 3 tablespoon red wine vinegar
- ☐ 0.5 pound ricotta salata crumbled
- ☐ 1 heart romaine chopped
- ☐ 1 tablespoon salt and pepper for steak by mccormick recommended: Montreal Seasoning
- ☐ 2 scallions finely chopped
- ☐ 4 cups pkt spinach chopped
- ☐ 2 pounds shell steaks thin-cut 3 large but very steaks
- ☐ 0.3 cup a handful generous

Equipment

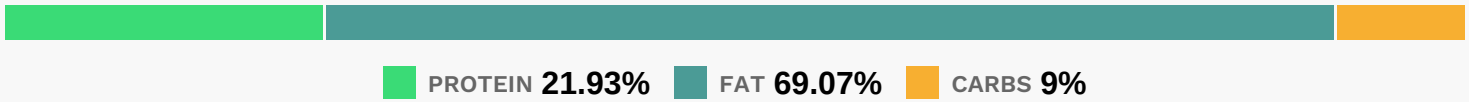
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Let steaks rest to take the chill off. Preheat the grill or a grill pan or large skillet to medium high to high heat.
- ☐ Chop garlic, then finely chop herbs and mix together.
- ☐ Add lemon zest over the herb mixture and toss to combine.
- ☐ Add grill seasoning or salt and pepper to the pile and combine.
- ☐ Drizzle steaks with extra-virgin olive oil and rub liberally with herb mixture on all sides.
- ☐ Bring a few inches of water to a boil in a medium pan. Peel and slice beets 1/2 to 3/4-inch thick. Simmer beets until just tender, 6 to 7 minutes.

- ☐ Drain beets, cold shock them. Pat beets dry. Trim and slice the fennel into 1/2-inch thick pieces.
- ☐ Combine greens in a large shallow bowl or platter.
- ☐ Spray grill or grill pan with cooking spray. Grill beets, fennel and steaks 2 minutes on each side until evenly marked. Meat should still be pink inside. Allow meat to rest a few minutes.
- ☐ Whisk together the scallions, lemon juice, mustard, cumin, vinegar and stream in extra-virgin olive oil. Dress and season the salad greens. Slice the veggies and scatter over salad. Crumble cheese and arrange over vegetables.
- ☐ Serve salad, slice steak very thin on an angle and arrange meat over individual portions of salad and veggies.

Nutrition Facts



Properties

Glycemic Index:55.17, Glycemic Load:5.35, Inflammation Score:-9, Nutrition Score:32.678260834321%

Flavonoids

Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 677.69kcal (33.88%), Fat: 52.83g (81.27%), Saturated Fat: 16.33g (102.07%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 10.7g (3.89%), Sugar: 8.26g (9.17%), Cholesterol: 111.51mg (37.17%), Sodium: 1412.07mg (61.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.74g (75.47%), Vitamin K: 194.13µg (184.88%), Selenium: 44.69µg (63.85%), Zinc: 8.82mg (58.78%), Vitamin A: 2822.75IU (56.45%), Vitamin B12: 2.64µg (43.97%), Folate: 171.75µg (42.94%), Vitamin B3: 8.26mg (41.31%), Vitamin B6: 0.78mg (38.91%), Phosphorus: 356.12mg (35.61%), Manganese: 0.64mg (31.8%), Vitamin B2: 0.54mg (31.61%), Potassium: 1078.73mg (30.82%), Vitamin E: 4.53mg (30.22%), Iron: 5.06mg (28.12%), Vitamin C: 23mg (27.87%), Magnesium: 85.83mg (21.46%), Fiber: 4.79g (19.18%), Calcium: 162.28mg (16.23%), Vitamin B1: 0.21mg (13.74%), Copper: 0.27mg (13.47%), Vitamin B5: 0.38mg (3.75%), Vitamin D: 0.23µg (1.51%)