



HEALTH SCORE

77%

Texas-Style Steak on Toast



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 teaspoon chili powder



0.5 teaspoon t brown sugar dark



8 slices bread french 1-inch-thick



0.5 cup kalamata olives black pitted



5 tablespoons olive oil extra virgin extra-virgin



2 tablespoons onion red minced



2 teaspoons red wine vinegar



1 cup tomatoes seeded coarsely chopped

- ☐ 1.5 pound beef top sirloin steaks trimmed ()
- ☐ 2 bunches watercress thick trimmed

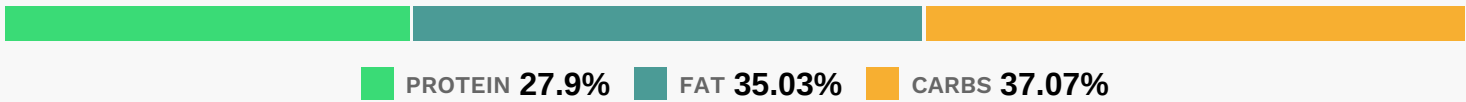
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix chili powder and brown sugar in small bowl to blend. Rub mixture over steak.
- ☐ Sprinkle with salt and pepper.
- ☐ Combine tomatoes, olives, 2 tablespoons oil and vinegar in processor. Using on/off turns, blend just until olives are coarsely chopped.
- ☐ Transfer to bowl. Stir in onion. Season relish with salt and pepper. (Steak and relish can be prepared 6 hours ahead. Cover separately; chill.)
- ☐ Heat 2 teaspoons oil in heavy large skillet over medium-high heat.
- ☐ Add steak and cook to desired doneness, about 3 minutes per side for medium-rare.
- ☐ Transfer steak to plate.
- ☐ Let stand 5 minutes. Wipe out skillet.
- ☐ Brush 1 side of each bread slice with remaining 3 tablespoons oil.
- ☐ Heat same skillet over medium heat.
- ☐ Add bread, oiled side down, to skillet and cook until golden, about 2 minutes per side.
- ☐ Cut steak across grain into 1/4-inch-thick slices.
- ☐ Spread relish generously over oiled side of 4 toasts. Top with watercress, then steak slices. Top with a bit more relish, then remaining toasts.

Nutrition Facts



Properties

Glycemic Index:44.38, Glycemic Load:51.73, Inflammation Score:-8, Nutrition Score:37.127826441889%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 757.22kcal (37.86%), Fat: 29.36g (45.18%), Saturated Fat: 5.69g (35.54%), Carbohydrates: 69.9g (23.3%), Net Carbohydrates: 65.76g (23.91%), Sugar: 7.74g (8.6%), Cholesterol: 100.36mg (33.45%), Sodium: 1145.14mg (49.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.62g (105.24%), Selenium: 89.4µg (127.71%), Vitamin B3: 17.52mg (87.62%), Vitamin B1: 1.07mg (71.23%), Vitamin B6: 1.27mg (63.65%), Zinc: 8.25mg (55%), Phosphorus: 513.59mg (51.36%), Folate: 187.87µg (46.97%), Vitamin K: 48.28µg (45.98%), Vitamin B2: 0.78mg (45.88%), Iron: 8.16mg (45.34%), Manganese: 0.78mg (38.94%), Vitamin E: 4.43mg (29.51%), Vitamin B12: 1.6µg (26.65%), Potassium: 912.49mg (26.07%), Magnesium: 90.05mg (22.51%), Copper: 0.38mg (19.24%), Vitamin A: 923.84IU (18.48%), Fiber: 4.14g (16.57%), Vitamin B5: 1.63mg (16.27%), Calcium: 135.02mg (13.5%), Vitamin C: 10.86mg (13.17%)