

food
network



HEALTH SCORE

69%

Top Drawer Dinner



Very Healthy

READY IN

**40 min.**

SERVINGS

**4**

CALORIES

**1084 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 pinch cayenne pepper
- ☐ 2 ribs celery finely chopped
- ☐ 6 ounce bricks cream cheese
- ☐ 3 boxes pkt spinach frozen
- ☐ 0.3 cup catsup
- ☐ 1 lemon zest juiced
- ☐ 4 pieces lettuce

- ☐ 1 cup all-in-one pancake mix
- ☐ 0.7 cup parmesan grated
- ☐ 2 tablespoons parsley leaves chopped
- ☐ 1 teaspoon coarse pepper black
- ☐ 0.3 cup pepper sauce hot (recommended: Tabasco)
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper
- ☐ 7 to 8 scallions dried cleaned trimmed chopped
- ☐ 1 pound shrimp small to medium deveined cooked peeled
- ☐ 2 large t-bone steaks
- ☐ 4 slices buttered toast white
- ☐ 4 servings vegetable oil for drizzling
- ☐ 4 servings vegetable oil for frying
- ☐ 0.5 cup water
- ☐ 0.5 small onion white finely chopped
- ☐ 3 tablespoons worcestershire sauce

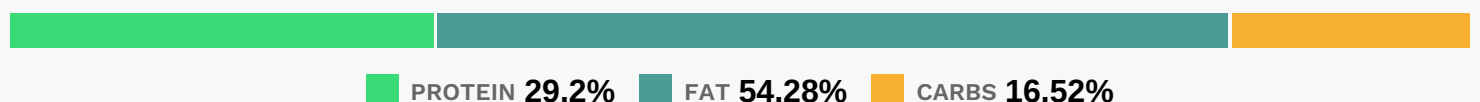
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ microwave
- ☐ kitchen towels
- ☐ toaster
- ☐ cutting board

Directions

- ☐ Preheat a large griddle pan or 14-inch skillet over high heat.
- ☐ Combine hot pepper sauce, ketchup, lemon zest and juice, celery and parsley in a small bowl.
- ☐ Add shrimp and coat evenly. Chill 20 minutes, then line 4 cocktail glasses or small dishes with leaf lettuce and top each with 1/4 of chilled shrimp.
- ☐ Place spinach in microwave to defrost.
- ☐ Place boxes on a dish to defrost the spinach because it will leek. While spinach defrosts, place cream cheese and onions in a medium sauce pot over low heat. While cream cheese is melting and spinach is defrosting, continue forward with meal prep then return to spinach. When the cream cheese melts, add Parmesan and black pepper to the cheese.
- ☐ Drain spinach in clean kitchen towel, wringing it out until dry. Stir spinach into sauce, season with a pinch of salt, to taste, if necessary and let the spinach sit over lowest heat possible 10 minutes, stirring occasionally.
- ☐ Drizzle the steaks with oil and add to screaming hot pan. Cook 8 minutes on each side for medium doneness. After you flip the steak, baste it with Worcestershire sauce and season with salt and pepper. When you remove steak to cutting board or serving platter, baste opposite side and season it up.
- ☐ Let meat rest a few minutes before you cut into it to let the juices redistribute.
- ☐ Cut meat from bones and portion into 4 servings. Push toast down in toaster, butter it and cut from corner to corner.
- ☐ Fill a medium saucepan with 2 to 3 inches of vegetable oil and heat to medium-high heat. Arrange a paper towel lined plate on the counter to place the fritters on when they come out of the hot oil.
- ☐ In a bowl, make the batter by combining the all-in-one pancake mix with the water (the batter will be on the thick side).
- ☐ Add the chopped green onions and season with the cayenne, salt, and pepper. When the oil is ready for frying, drop spoonfuls of the batter into the oil and fry on all sides until golden brown and puffy. This should take no more than 3 to 4 minutes.
- ☐ Remove and drain on the paper towel lined plate. Season with salt while they are still hot.
- ☐ Serve steaks on toast with green onion fritters and spinach alongside.

Nutrition Facts



Properties

Glycemic Index:76.25, Glycemic Load:1.78, Inflammation Score:-10, Nutrition Score:61.729565104713%

Flavonoids

Apigenin: 4.95mg, Apigenin: 4.95mg, Apigenin: 4.95mg, Apigenin: 4.95mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 1084.18kcal (54.21%), Fat: 66.38g (102.12%), Saturated Fat: 25.15g (157.18%), Carbohydrates: 45.44g (15.15%), Net Carbohydrates: 35.93g (13.06%), Sugar: 11.16g (12.4%), Cholesterol: 355.35mg (118.45%), Sodium: 2193.31mg (95.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 80.35g (160.7%), Vitamin K: 923.02µg (879.07%), Vitamin A: 26638.62IU (532.77%), Folate: 404.09µg (101.02%), Manganese: 1.95mg (97.27%), Phosphorus: 970.46mg (97.05%), Vitamin B12: 5.13µg (85.57%), Selenium: 58.76µg (83.95%), Calcium: 753.26mg (75.33%), Vitamin B2: 1.21mg (71.44%), Magnesium: 275.69mg (68.92%), Zinc: 9.66mg (64.43%), Iron: 10.98mg (60.98%), Vitamin B6: 1.22mg (60.77%), Potassium: 2117.5mg (60.5%), Vitamin E: 8.56mg (57.07%), Copper: 1.04mg (52.25%), Vitamin B3: 9.24mg (46.18%), Vitamin C: 36.83mg (44.64%), Vitamin B1: 0.61mg (40.37%), Fiber: 9.52g (38.07%), Vitamin B5: 1.44mg (14.43%)