



HEALTH SCORE

57%

Tortellini, Steak, and Caesar

READY IN



30 min.

SERVINGS



4

CALORIES



840 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce olives black pitted drained canned
- ☐ 8 ounce caesar dressing
- ☐ 9 ounce cheese tortellini
- ☐ 1 cup croutons caesar-style
- ☐ 1 pound flank steak
- ☐ 4 servings garlic powder to taste
- ☐ 1 tablespoon olive oil
- ☐ 2 heads romaine lettuce
- ☐ 4 servings salt and pepper to taste

☐ 2 small tomatoes fresh chopped

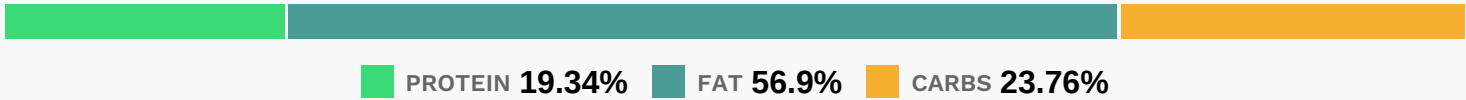
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Place pasta in the pot, cook for 7 to 9 minutes, until al dente, and drain.
- ☐ Preheat the oven broiler. Season steak with garlic powder, salt, and pepper; rub with olive oil.
- ☐ Place steak in a baking dish, and broil 5 minutes on each side, or to desired doneness. Slice diagonally into thin strips.
- ☐ In a bowl, toss the cooked tortellini, lettuce, olives, croutons, tomatoes, and dressing. Top with steak strips to serve.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:16.88, Inflammation Score:-10, Nutrition Score:38.601739256278%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg

Nutrients (% of daily need)

Calories: 840.08kcal (42%), Fat: 53.79g (82.75%), Saturated Fat: 10.51g (65.67%), Carbohydrates: 50.54g (16.85%), Net Carbohydrates: 39.01g (14.19%), Sugar: 8.55g (9.5%), Cholesterol: 114.39mg (38.13%), Sodium: 1795.85mg

(78.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.13g (82.26%), Vitamin A: 27785.93IU (555.72%), Vitamin K: 387.88µg (369.41%), Folate: 460.65µg (115.16%), Selenium: 39.43µg (56.33%), Vitamin B6: 1.03mg (51.49%), Fiber: 11.53g (46.13%), Vitamin B3: 8.84mg (44.21%), Iron: 7.8mg (43.32%), Potassium: 1342.64mg (38.36%), Phosphorus: 366.98mg (36.7%), Vitamin E: 5.41mg (36.05%), Zinc: 5.37mg (35.82%), Manganese: 0.64mg (31.92%), Calcium: 273.94mg (27.39%), Vitamin B1: 0.4mg (26.4%), Vitamin C: 18.96mg (22.98%), Vitamin B2: 0.38mg (22.43%), Magnesium: 83.05mg (20.76%), Vitamin B12: 1.05µg (17.48%), Copper: 0.33mg (16.61%), Vitamin B5: 1.31mg (13.08%)