



## Warm Steak and Potato Salad

 Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



560 kcal

SIDE DISH

### Ingredients

- ☐ 2 strips bacon crisp cooked chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup grape tomatoes halved
- ☐ 2 green onions chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 head lettuce dried red washed

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 6 medium potatoes red quartered
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 8 ounces sirloin boneless thick
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 1 tablespoon vegetable oil

## Equipment

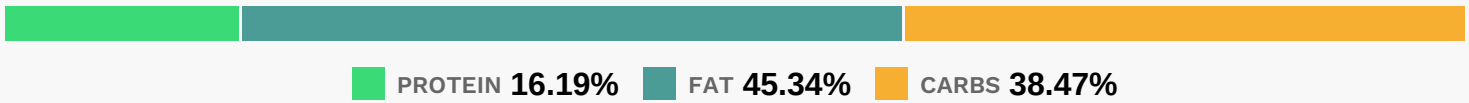
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Drizzle the steak with vegetable oil and very liberally, season the steak with salt and pepper, to taste.
- ☐ Let the steak sit out at room temperature for 30 to 60 minutes.
- ☐ Preheat the oven to 400 degrees F and heat the grill to hot.
- ☐ In a small bowl, mix together the garlic, olive oil, and a generous pinch of salt and pepper.
- ☐ Lay the potatoes on a baking sheet and toss with the garlic-infused oil. Roast the potatoes for 18 minutes, or until deep golden, turning halfway through. Set the potatoes aside.
- ☐ Place the seasoned steak on the hot grill and grill the steak until an instant-read thermometer reads 125 degrees F for medium-rare, about 3 minutes per side.
- ☐ Remove the steak from the grill and let rest under tented foil.

- ☐
- To assemble the salad: Divide the lettuce among 4 plates.
- ☐
- Sprinkle on the halved tomatoes. Divide the warm potatoes among the plates.
- ☐
- Drizzle with the Sour Cream–Bacon Dressing. Slice the steak thinly on the bias and fan on top. Top the salad with the shredded Cheddar cheese.
- ☐
- In a small bowl, whisk together the mustard, vinegar, sour cream, and garlic powder.
- ☐
- Drizzle in the oil and bacon fat to emulsify.
- ☐
- Whisk in the chopped bacon, green onions, and season with salt, and pepper, to taste, if necessary.

## Nutrition Facts



## Properties

Glycemic Index:49, Glycemic Load:0.4, Inflammation Score:-10, Nutrition Score:32.853478162185%

## Flavonoids

Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

## Nutrients (% of daily need)

Calories: 559.5kcal (27.97%), Fat: 28.69g (44.14%), Saturated Fat: 6.42g (40.13%), Carbohydrates: 54.79g (18.26%), Net Carbohydrates: 48.25g (17.54%), Sugar: 5.15g (5.72%), Cholesterol: 49.15mg (16.38%), Sodium: 241.01mg (10.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.05g (46.1%), Vitamin K: 148.26µg (141.2%), Vitamin A: 6058.52IU (121.17%), Potassium: 1880.41mg (53.73%), Vitamin B6: 1.03mg (51.35%), Vitamin B3: 8.66mg (43.32%), Vitamin C: 33.31mg (40.37%), Phosphorus: 395.59mg (39.56%), Manganese: 0.69mg (34.39%), Selenium: 22.23µg (31.76%), Zinc: 4.04mg (26.91%), Fiber: 6.54g (26.16%), Copper: 0.52mg (25.94%), Vitamin B1: 0.38mg (25.49%), Iron: 4.56mg (25.32%), Magnesium: 100.31mg (25.08%), Folate: 100.1µg (25.02%), Vitamin E: 3.25mg (21.64%), Vitamin B2: 0.28mg (16.44%), Vitamin B5: 1.5mg (14.96%), Calcium: 139.86mg (13.99%), Vitamin B12: 0.81µg (13.43%)