



 **56%**
HEALTH SCORE

Xavier Steak

 **Gluten Free**

READY IN



50 min.

SERVINGS



2

CALORIES



1003 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 asparagus ends trimmed
- 2 tablespoons olive oil
- 2 servings salt and pepper to taste
- 20 ounce fat-trimmed beef flank steak
- 8 slices swiss cheese
- 2 tablespoons worcestershire sauce

Equipment

- grill

Directions

- Season the steaks with salt and pepper to taste.
- Place into a glass dish, and drizzle with Worcestershire sauce. Turn the steaks, cover, and refrigerate 15 minutes. Turn the steaks again, and marinate 15 minutes longer.
- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- Place the steaks on the preheated grill, close lid, and cook for 7 minutes. Toss the asparagus spears with a little olive oil, and season with salt and pepper to taste.
- Place the asparagus onto the grill, turn steaks over, and close lid. Cook until the steaks are beginning to firm and are slightly pink in the center, and the asparagus is tender, about 7 additional minutes. Turn the asparagus halfway through. Top each steak with 3 asparagus spears and swiss cheese. Continue cooking until the cheese has melted.
- Remove from the grill, and let stand 5 minutes before serving.

Nutrition Facts

PROTEIN 30.36% **FAT 67.21%** **CARBS 2.43%**

Properties

Glycemic Index:29.5, Glycemic Load:0.54, Inflammation Score:-7, Nutrition Score:38.018695846848%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 1003.36kcal (50.17%), Fat: 75.22g (115.73%), Saturated Fat: 32.16g (200.99%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 5.1g (1.85%), Sugar: 2.6g (2.89%), Cholesterol: 236.17mg (78.72%), Sodium: 689.25mg (29.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.46g (152.91%), Selenium: 90.83µg (129.76%), Zinc: 17.81mg (118.71%), Vitamin B12: 6.76µg (112.66%), Phosphorus: 833.71mg (83.37%), Vitamin B3: 14.51mg (72.55%), Calcium: 655.01mg (65.5%), Vitamin B6: 1.22mg (61.12%), Vitamin B2: 0.97mg (57.26%), Iron: 6.97mg (38.74%), Vitamin K: 33.77µg (32.16%), Potassium: 1041.19mg (29.75%), Magnesium: 90.91mg (22.73%), Vitamin B1: 0.34mg (22.5%), Vitamin E: 2.98mg (19.87%), Vitamin A: 983.23IU (19.66%), Copper: 0.38mg (18.9%), Folate: 40.94µg (10.24%), Vitamin C: 4.9mg (5.94%), Vitamin B5: 0.42mg (4.23%), Fiber: 1.01g (4.03%), Manganese: 0.08mg (3.99%), Vitamin D: 0.28µg (1.89%)