



Asian Grilled Steak Salad with Manchego

READY IN



50 min.

SERVINGS



4

CALORIES



897 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb pork loin chops (New York, Kansas City or strip steaks)
- 1 cup sesame-ginger dressing
- 8 cups the of 1 cos lettuce washed chopped
- 2 avocado diced pitted peeled
- 1 bell pepper diced red seeded
- 4 oz manchego cheese crumbled
- 0.5 cup sesame-ginger dressing

Equipment

- grill
- ziploc bags

Directions

- Place beef steaks in resealable plastic bag; pour in 1 cup marinade/dressing. Seal bag, squeezing out as much air as possible. Refrigerate 30 minutes to marinate.
- Heat gas or charcoal grill.
- Place steaks on grill over medium heat; discard marinade. Cook 10 to 12 minutes for medium doneness, turning once.
- Remove from grill; let steaks stand 5 minutes before slicing.
- Arrange 2 cups lettuce on each of 4 plates. Top each with avocado and red pepper. Arrange sliced steak on top of each.
- Sprinkle salads with cheese.
- Serve with 1/2 cup marinade/dressing on the side.

Nutrition Facts

PROTEIN 16.52% **FAT 74.09%** **CARBS 9.39%**

Properties

Glycemic Index:18, Glycemic Load:1.11, Inflammation Score:-10, Nutrition Score:39.434347671011%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 897.21kcal (44.86%), Fat: 75.51g (116.17%), Saturated Fat: 17.87g (111.71%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 11.25g (4.09%), Sugar: 10.83g (12.03%), Cholesterol: 106.31mg (35.44%), Sodium: 1179.76mg (51.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.89g (75.78%), Vitamin A: 9459.81IU (189.2%), Vitamin K: 171.41µg (163.25%), Vitamin C: 51.89mg (62.9%), Vitamin B6: 1.24mg (61.88%), Vitamin B1: 0.91mg (60.5%), Vitamin B3: 11.39mg (56.96%), Selenium: 39.84µg (56.92%), Folate: 222.93µg (55.73%), Vitamin E: 7.51mg (50.05%), Fiber: 10.27g (41.08%), Potassium: 1352.54mg (38.64%), Phosphorus: 379.16mg (37.92%), Calcium: 374.25mg

(37.43%), Vitamin B2: 0.43mg (25.22%), Vitamin B5: 2.45mg (24.48%), Magnesium: 75.36mg (18.84%), Zinc: 2.79mg (18.57%), Manganese: 0.33mg (16.48%), Copper: 0.3mg (15.23%), Iron: 2.72mg (15.12%), Vitamin B12: 0.6µg (10.02%), Vitamin D: 0.45µg (3.02%)