



## Asian Grilled Steak Salad with Manchego

READY IN



50 min.

SERVINGS



4

CALORIES



1004 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 avocado diced pitted peeled
- 1 lb beef strip steaks (New York, Kansas City or strip steaks)
- 4 oz manchego cheese crumbled
- 1 bell pepper diced red seeded
- 8 cups the of 1 cos lettuce washed chopped
- 0.5 cup sesame-ginger dressing
- 1 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 13.82%** **FAT 77.78%** **CARBS 8.4%**

## Properties

Glycemic Index:18, Glycemic Load:1.11, Inflammation Score:-10, Nutrition Score:36.199130390001%

## 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: 1003.81kcal (50.19%), Fat: 88.58g (136.27%), Saturated Fat: 23.54g (147.15%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 11.25g (4.09%), Sugar: 10.83g (12.03%), Cholesterol: 127.86mg (42.62%), Sodium: 1182.03mg (51.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.42g (70.84%), Vitamin A: 9455.27IU (189.11%), Vitamin K: 173.23µg (164.98%), Vitamin C: 51.89mg (62.9%), Folate: 234.27µg (58.57%), Vitamin E: 7.82mg (52.17%), Vitamin B6: 1.02mg (51.05%), Fiber: 10.27g (41.08%), Vitamin B3: 8.2mg (41.02%), Selenium: 27.94µg (39.91%), Calcium: 391.26mg (39.13%), Potassium: 1269.76mg (36.28%), Phosphorus: 329.27mg (32.93%), Zinc:

4.79mg (31.95%), Vitamin B5: 2.25mg (22.46%), Iron: 3.77mg (20.92%), Vitamin B2: 0.34mg (19.88%), Vitamin B12: 1.04µg (17.39%), Magnesium: 68.55mg (17.14%), Manganese: 0.33mg (16.6%), Copper: 0.32mg (15.91%), Vitamin B1: 0.23mg (15.29%)