



Balsamic Steak and Blue Cheese Salad

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



2

CALORIES



539 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 lb asparagus spears fresh
- 0.5 cup balsamic vinaigrette dressing divided kraft
- 0.5 lb beef sirloin steak boneless
- 0.3 cup athenos cheese blue crumbled
- 1 Tbsp olive oil
- 1 large bell pepper red cut into 2-inch-wide strips
- 6 oz torn salad greens mixed

Equipment

bowl

grill

Directions

Pour 1/4 cup dressing over steak in shallow dish; turn to evenly coat both sides of steak. Refrigerate 30 min. to marinate.

Heat grill to medium heat.

Remove steak from marinade; discard marinade. Grill steak 5 to 10 min. on each side or until medium doneness (160F). Meanwhile, grill asparagus and peppers 5 to 7 min. or until crisp-tender, turning occasionally and brushing with oil.

Cut vegetables in half, then cut steak across the grain into thin slices.

Place salad greens in large bowl.

Add grilled vegetables and remaining dressing; toss to coat.

Place on platter; top with meat and cheese.

Nutrition Facts

 **PROTEIN 24.62%** **FAT 63.23%** **CARBS 12.15%**

Properties

Glycemic Index:45.5, Glycemic Load:1.78, Inflammation Score:-10, Nutrition Score:34.262173717437%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Quercetin: 16.04mg, Quercetin: 16.04mg, Quercetin: 16.04mg, Quercetin: 16.04mg

Nutrients (% of daily need)

Calories: 539.41kcal (26.97%), Fat: 37.93g (58.36%), Saturated Fat: 7.67g (47.94%), Carbohydrates: 16.41g (5.47%), Net Carbohydrates: 12.3g (4.47%), Sugar: 7.63g (8.47%), Cholesterol: 79.56mg (26.52%), Sodium: 816.37mg (35.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.23g (66.47%), Vitamin C: 131.04mg (158.84%), Vitamin A: 4519.62IU (90.39%), Selenium: 40.4µg (57.72%), Vitamin B6: 1.15mg (57.5%), Vitamin K: 57.06µg (54.34%), Vitamin B3: 9.89mg (49.44%), Phosphorus: 418.03mg (41.8%), Zinc: 5.98mg (39.87%), Folate: 148.97µg (37.24%), Iron: 5.23mg (29.07%), Potassium: 996.47mg (28.47%), Vitamin B2: 0.47mg (27.8%), Vitamin E: 3.94mg (26.3%), Vitamin B1: 0.32mg (21.46%), Vitamin B12: 1.27µg (21.2%), Manganese: 0.41mg (20.5%), Copper: 0.36mg

(18.24%), Vitamin B5: 1.71mg (17.06%), Fiber: 4.1g (16.41%), Calcium: 164.02mg (16.4%), Magnesium: 65.03mg (16.26%)