



Balsamic Steak and Romano Salad

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup classic balsamic vinaigrette dressing made with extra virgin olive oil kraft
- 1 lb beef sirloin steak boneless
- 1 cup regular corn frozen cooked
- 10 oz salad greens mixed
- 0.5 cup polly-o romano cheese shredded
- 1.5 cups tomato wedges

Equipment

- grill

Directions

- Preheat grill to medium heat. Grill steak 7 to 8 min. on each side or until medium doneness (160F).
- Cut steak across the grain into thin slices.
- Toss greens with the tomatoes, corn and dressing.
- Place on serving platter; top with meat.
- Sprinkle with cheese.

Nutrition Facts

PROTEIN 39.07% **FAT 41.47%** **CARBS 19.46%**

Properties

Glycemic Index:2.6, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:3.2165217195516%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 52.21kcal (2.61%), Fat: 2.41g (3.71%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.35g (0.39%), Cholesterol: 12.78mg (4.26%), Sodium: 66.21mg (2.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.23%), Selenium: 5.98µg (8.54%), Vitamin B6: 0.14mg (7.18%), Vitamin B3: 1.4mg (7.01%), Phosphorus: 65.79mg (6.58%), Zinc: 0.86mg (5.75%), Vitamin C: 4.33mg (5.25%), Vitamin A: 211.85IU (4.24%), Potassium: 126.59mg (3.62%), Vitamin B12: 0.19µg (3.22%), Calcium: 28.22mg (2.82%), Folate: 10.68µg (2.67%), Vitamin B2: 0.04mg (2.49%), Iron: 0.45mg (2.49%), Magnesium: 9.34mg (2.33%), Manganese: 0.04mg (1.98%), Vitamin B1: 0.03mg (1.86%), Vitamin B5: 0.17mg (1.68%), Copper: 0.03mg (1.44%), Fiber: 0.29g (1.17%)