



Barbecue Sirloin and Blue Cheese Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



385 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup bell pepper strips red
- ☐ 6 cups torn bibb lettuce
- ☐ 0.3 teaspoon pepper black divided
- ☐ 2 ounces cheese blue crumbled
- ☐ 2 teaspoons chili powder
- ☐ 0.8 cup cucumber peeled thinly sliced
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 teaspoon garlic powder

- ☐ 0.8 teaspoon ground cumin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 teaspoon salt divided
- ☐ 0.5 cup shallots thinly sliced
- ☐ 1 pound rump steak lean trimmed
- ☐ 2 tablespoons citrus champagne vinegar

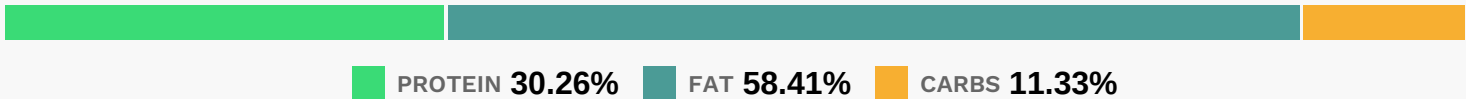
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Combine chili powder, cumin, garlic powder, 1/4 teaspoon salt, and 1/8 teaspoon black pepper; rub evenly over both sides of steak.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add steak to pan; cook 5 minutes. Turn steak over; cook 4 minutes or until desired degree of doneness.
- ☐ Place steak on a cutting board; let stand 5 minutes.
- ☐ Cut across grain into thin slices.
- ☐ Combine vinegar, mustard, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon black pepper in a small bowl, stirring with a whisk. Gradually add oil, stirring with a whisk.
- ☐ Combine lettuce, cucumber, bell pepper, and shallots in a large bowl.
- ☐ Drizzle vinaigrette over salad; toss gently to coat. Top salad with steak and cheese.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:1.86, Inflammation Score:-10, Nutrition Score:27.751304241626%

Flavonoids

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: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 385.17kcal (19.26%), Fat: 25.04g (38.52%), Saturated Fat: 10.04g (62.75%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 7.64g (2.78%), Sugar: 5.14g (5.71%), Cholesterol: 74.13mg (24.71%), Sodium: 569.67mg (24.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.18g (58.37%), Vitamin A: 4081.31IU (81.63%), Vitamin K: 84.35µg (80.33%), Vitamin C: 53.71mg (65.1%), Vitamin B12: 3.33µg (55.42%), Vitamin B6: 0.77mg (38.5%), Selenium: 22.8µg (32.58%), Phosphorus: 319.51mg (31.95%), Zinc: 4.59mg (30.62%), Vitamin B3: 5.11mg (25.57%), Folate: 98.03µg (24.51%), Iron: 4.37mg (24.3%), Potassium: 815.59mg (23.3%), Vitamin B2: 0.36mg (21.27%), Manganese: 0.36mg (18.01%), Vitamin B1: 0.22mg (14.48%), Magnesium: 54.24mg (13.56%), Calcium: 134.82mg (13.48%), Fiber: 3.29g (13.15%), Vitamin E: 1.69mg (11.26%), Vitamin B5: 0.99mg (9.94%), Copper: 0.18mg (8.85%)