



Beef and Blue Cheese Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



194 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

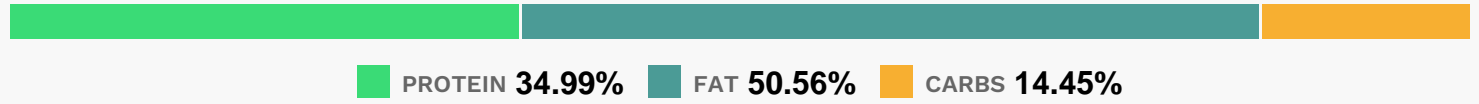
- 0.5 cup cheese blue crumbled
- 1 cup cherry tomatoes cut in half
- 0.3 cup spring onion sliced
- 0.3 cup salad dressing italian
- 8 ounces pan drippings from roast beef preferably cubed cooked
- 6 cups the salad mixed
- 1 teaspoon worcestershire sauce

Equipment

Directions

- In tightly covered container, shake dressing and Worcestershire sauce.
- Divide salad greens among 4 plates. Top with remaining ingredients.
- Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:14.218260809131%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 194.07kcal (9.7%), Fat: 11.05g (17.01%), Saturated Fat: 4.43g (27.67%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 6.68g (2.43%), Sugar: 3.42g (3.8%), Cholesterol: 44.97mg (14.99%), Sodium: 1282.04mg (55.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.21g (34.43%), Vitamin C: 49.38mg (59.85%), Calcium: 268.41mg (26.84%), Vitamin B3: 4.98mg (24.91%), Vitamin K: 25.37µg (24.16%), Phosphorus: 214.72mg (21.47%), Vitamin A: 1063.06IU (21.26%), Vitamin B12: 1.17µg (19.5%), Zinc: 2.71mg (18.1%), Vitamin B6: 0.35mg (17.43%), Potassium: 432.06mg (12.34%), Iron: 2.1mg (11.65%), Folate: 42.4µg (10.6%), Vitamin B2: 0.18mg (10.55%), Selenium: 7.11µg (10.16%), Manganese: 0.16mg (7.78%), Magnesium: 28.16mg (7.04%), Vitamin B5: 0.59mg (5.87%), Copper: 0.12mg (5.81%), Vitamin E: 0.72mg (4.77%), Vitamin B1: 0.07mg (4.68%), Fiber: 0.42g (1.69%)