



## Beef and Broccoli Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



246 kcal

SIDE DISH

### Ingredients

- 1.5 pounds broccoli peeled sliced cut into florets, stems and 1/
- 2.5 cups cherry tomatoes halved
- 2 teaspoons dijon mustard
- 6 slices green onions cut diagonally into thin
- 0.1 teaspoon ground pepper black
- 0.5 teaspoon horseradish prepared to taste
- 0.5 cup olive oil
- 0.8 pound deli roast beef thick sliced cut into 1/2-inch pieces

- 0.8 teaspoon salt
- 3 tablespoons cup heavy whipping cream sour
- 2 tablespoons citrus champagne vinegar

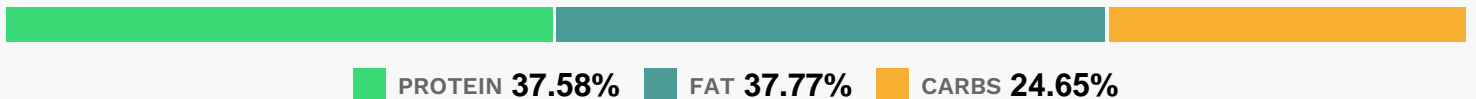
## Equipment

- bowl
- frying pan
- whisk
- steamer basket

## Directions

- Pour 1/2 inch of water into a pan fitted with a steamer basket.
- Place the broccoli in the basket. Cover, and bring to a boil. Cook until tender, about 4 to 5 minutes.
- Drain, and cool.
- To make the dressing, whisk together the vinegar, mustard, horseradish, salt, and pepper in a bowl. Continue whisking while slowly adding the olive oil to make a smooth mixture.
- Whisk in the sour cream.
- Place the broccoli, roast beef, tomatoes, and green onions into a bowl. Stir in the dressing and toss until evenly coated. Divide the salad evenly among 4 serving plates.

## Nutrition Facts



## Properties

Glycemic Index:40.75, Glycemic Load:2.26, Inflammation Score:-9, Nutrition Score:28.726956326029%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 13.37mg, Kaempferol: 13.37mg, Kaempferol: 13.37mg, Kaempferol: 13.37mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg

## Nutrients (% of daily need)

Calories: 246.1kcal (12.3%), Fat: 10.95g (16.84%), Saturated Fat: 2.89g (18.07%), Carbohydrates: 16.07g (5.36%), Net Carbohydrates: 10.82g (3.93%), Sugar: 5.64g (6.26%), Cholesterol: 53.79mg (17.93%), Sodium: 1816.26mg (78.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.51g (49.01%), Vitamin C: 211.8mg (256.72%), Vitamin K: 182.75µg (174.04%), Vitamin B3: 7.93mg (39.67%), Vitamin B6: 0.72mg (35.92%), Calcium: 341.47mg (34.15%), Folate: 129.05µg (32.26%), Vitamin A: 1588.24IU (31.76%), Phosphorus: 313.47mg (31.35%), Potassium: 1003.23mg (28.66%), Zinc: 3.96mg (26.39%), Manganese: 0.5mg (24.91%), Vitamin B12: 1.46µg (24.41%), Iron: 3.81mg (21.14%), Fiber: 5.26g (21.03%), Vitamin B2: 0.34mg (20.14%), Vitamin E: 2.68mg (17.85%), Selenium: 11.63µg (16.61%), Magnesium: 64.95mg (16.24%), Vitamin B5: 1.39mg (13.9%), Vitamin B1: 0.2mg (13.34%), Copper: 0.22mg (10.99%)