



 **57%**  
HEALTH SCORE

## Beef and Broccoli Salad

 **Gluten Free**  **Dairy Free**

READY IN



**23 min.**

SERVINGS



**4**

CALORIES



**497 kcal**

SIDE DISH

### Ingredients

- 1 sack baby greens mixed
- 24 ounce beef tenderloin steak
- 1 head broccoli trimmed cut into chunks cut in florets and stem
- 1 cup carrots shredded
- 8 cherry peppers hot chopped
- 2 tablespoons cilantro leaves chopped
- 1 inch ginger root finely chopped
- 0.3 cup sauce sweet sour

- 1 juice of lime juiced
- 1 cup pea pods sliced
- 1 bell pepper red seeded very thinly sliced
- 0.5 teaspoon pepper flakes red crushed
- 2 tablespoons white vinegar
- 4 servings salt and pepper
- 4 scallions sliced
- 0.3 cup vegetable oil

## Equipment

- frying pan
- whisk
- grill
- colander
- grill pan

## Directions

- Preheat grill pan over high heat. Season steak with salt and pepper. Spray grill pan with cooking spray. Grill meat 3 to 5 minutes per side for medium rare to medium well doneness.
- Remove meat and let stand 10 minutes.
- In a pan, bring 1-inch of water to a bubble.
- Add a pinch of salt and broccoli pieces and steam for 3 to 5 minutes, until cooked but still firm. In the sink, drain broccoli in colander and run cold water over it to cool.
- Arrange greens on large platter or individual dinner plates. Arrange broccoli and veggies on greens.
- Combine duck or sweet and sour sauce with ginger, lime juice, vinegar, crushed pepper flakes.
- Whisk in oil. Slice steaks and arrange on salad and drizzle completed dish with dressing. Season with additional salt and pepper.

## Nutrition Facts



■ PROTEIN 34.89% ■ FAT 44.32% ■ CARBS 20.79%

## Properties

Glycemic Index:59.96, Glycemic Load:3.58, Inflammation Score:-10, Nutrition Score:41.543912721717%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Kaempferol: 12.16mg, Kaempferol: 12.16mg, Kaempferol: 12.16mg, Kaempferol: 12.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

## Nutrients (% of daily need)

Calories: 497.4kcal (24.87%), Fat: 24.58g (37.82%), Saturated Fat: 6.03g (37.69%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 17.87g (6.5%), Sugar: 10.21g (11.34%), Cholesterol: 108.86mg (36.29%), Sodium: 1063.41mg (46.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.54g (87.09%), Vitamin C: 194.96mg (236.31%), Vitamin K: 219.72µg (209.25%), Vitamin A: 7704.52IU (154.09%), Selenium: 56.1µg (80.14%), Vitamin B6: 1.51mg (75.63%), Vitamin B3: 12.74mg (63.72%), Zinc: 7.67mg (51.1%), Phosphorus: 495.09mg (49.51%), Folate: 156.84µg (39.21%), Potassium: 1352.34mg (38.64%), Fiber: 8.08g (32.32%), Vitamin B2: 0.46mg (26.83%), Iron: 4.81mg (26.75%), Vitamin B12: 1.58µg (26.37%), Manganese: 0.51mg (25.58%), Vitamin E: 3.79mg (25.28%), Vitamin B5: 2.36mg (23.64%), Magnesium: 88.62mg (22.16%), Vitamin B1: 0.32mg (21.16%), Calcium: 143.6mg (14.36%), Copper: 0.26mg (13.11%)