



Beef and Vegetables on Lettuce Boats

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 6 oz pan drippings from roast beef preferably cooked thinly sliced cut into 1/2-inch strips (from deli)
- ☐ 1 cup carrots thinly sliced
- ☐ 1 cup cauliflower florets
- ☐ 0.3 cup radishes sliced
- ☐ 2 oz monterrey jack cheese diced
- ☐ 0.5 cup salad dressing italian
- ☐ 1 small head lettuce

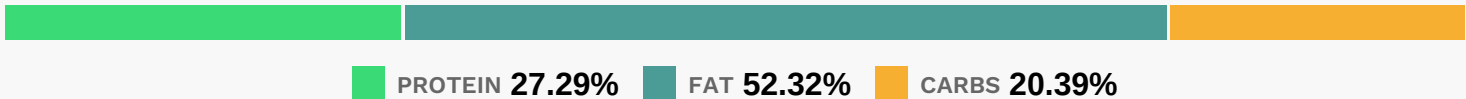
Equipment

☐ bowl

Directions

- ☐ In large bowl, place beef, carrots, cauliflower, radishes and cheese.
- ☐ Add dressing; toss to coat.
- ☐ Let stand 10 minutes.
- ☐ Meanwhile, cut lettuce into 4 wedges for lettuce "boats."
- ☐ Remove a few pieces of lettuce from inside boats.
- ☐ Place boats on 4 plates. Spoon beef mixture onto lettuce boats.

Nutrition Facts



Properties

Glycemic Index:42.46, Glycemic Load:1.78, Inflammation Score:-10, Nutrition Score:17.399130440277%

Flavonoids

Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 206.27kcal (10.31%), Fat: 12.25g (18.84%), Saturated Fat: 4.14g (25.9%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 8.25g (3%), Sugar: 6.97g (7.74%), Cholesterol: 36.85mg (12.28%), Sodium: 1057.24mg (45.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.38g (28.75%), Vitamin A: 5872.63IU (117.45%), Vitamin C: 36.53mg (44.28%), Vitamin K: 44.52µg (42.4%), Calcium: 261.08mg (26.11%), Phosphorus: 189.26mg (18.93%), Vitamin B3: 3.77mg (18.85%), Vitamin B6: 0.33mg (16.47%), Zinc: 2.27mg (15.11%), Vitamin B12: 0.84µg (14.01%), Potassium: 463.48mg (13.24%), Folate: 52.05µg (13.01%), Manganese: 0.21mg (10.48%), Fiber: 2.48g (9.94%), Vitamin B2: 0.16mg (9.66%), Iron: 1.63mg (9.05%), Selenium: 5.8µg (8.28%), Vitamin E: 1.06mg (7.05%), Magnesium: 28.21mg (7.05%), Vitamin B1: 0.09mg (6.32%), Vitamin B5: 0.5mg (4.97%), Copper: 0.09mg (4.4%)