



Beef & beetroot salad platter

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



582 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 seasonal lettuce green such as batavia, webb's or cos
- ☐ 400 g beetroot fresh cooked cut into wedges
- ☐ 1 bunch radishes halved
- ☐ 600 g rump steak thick
- ☐ 5 tbsp olive oil good plus a little extra
- ☐ 1 onion red cut into wedges
- ☐ 1 tbsp capers
- ☐ 2 tbsp balsamic vinegar

☐ 2 tbsp soured cream

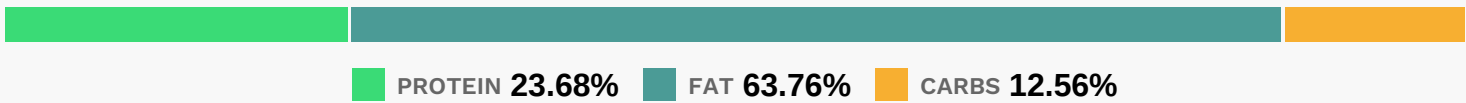
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Tear the lettuce into pieces, pile on a platter and scatter over the beetroot and radishes.
- ☐ Brush the steaks with oil, then season. Toss the onion in oil.
- ☐ Heat a griddle pan, then cook steaks for 2–3 mins each side, remove and cover with foil to rest. Cook the onions until softened.3 Thinly slice the steaks and arrange over the leaves with the onion and capers. Dress with vinegar and remaining oil, season, then drizzle over soured the cream.
- ☐ Serve with bread.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:6.41, Inflammation Score:-8, Nutrition Score:24.686086861984%

Flavonoids

Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.31mg, Kaempferol: 3.31mg, Kaempferol: 3.31mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg

Nutrients (% of daily need)

Calories: 581.98kcal (29.1%), Fat: 41.31g (63.56%), Saturated Fat: 12.11g (75.67%), Carbohydrates: 18.3g (6.1%), Net Carbohydrates: 13.15g (4.78%), Sugar: 12.22g (13.58%), Cholesterol: 87.54mg (29.18%), Sodium: 242.03mg (10.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.53g (69.05%), Vitamin B12: 4.18µg (69.71%), Vitamin K: 44.1µg (42%), Folate: 166.28µg (41.57%), Zinc: 5.59mg (37.25%), Selenium: 26.05µg (37.21%), Vitamin B6: 0.74mg (36.92%), Phosphorus: 344.72mg (34.47%), Potassium: 1065.27mg (30.44%), Vitamin B3: 6.03mg (30.14%), Manganese: 0.57mg (28.69%), Iron: 4.66mg (25.91%), Vitamin B2: 0.37mg (21.71%), Fiber: 5.15g (20.61%), Vitamin E: 2.85mg

(19%), Magnesium: 68.7mg (17.18%), Vitamin B1: 0.25mg (16.8%), Vitamin C: 12.7mg (15.4%), Vitamin A: 751.22IU (15.02%), Copper: 0.26mg (12.77%), Vitamin B5: 0.82mg (8.18%), Calcium: 67.96mg (6.8%)