



Beef Salad Niçoise

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



271 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 peppery grilled flank steak
- 1 pound green beans fresh trimmed
- 9 cups gourmet greens mixed
- 6 small new potatoes cut in half
- 0.8 cup niçoise olives
- 12 plum tomatoes quartered
- 2 purple onions sliced cut in half and
- 8 servings peppercorn ranch dressing

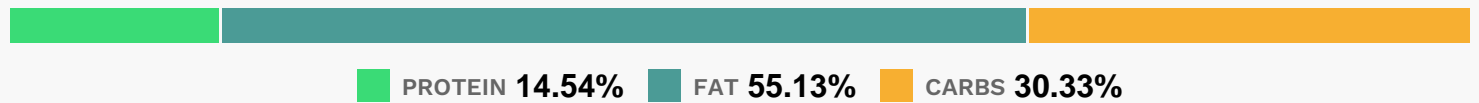
Equipment

- sauce pan

Directions

- Cook green beans in boiling water in a saucepan 5 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain and set aside.
- Cook potato in boiling water to cover in saucepan 15 minutes or until tender; drain and cool slightly.
- Cut potato into quarters.
- Cut flank steak diagonally across the grain into thin strips.
- Mound steak strips in center of a lettuce lined-platter. Arrange green beans, potato, onion, tomato, and olives around flank steak.
- Serve with Peppercorn Ranch dressing.

Nutrition Facts



Properties

Glycemic Index:24.34, Glycemic Load:8, Inflammation Score:-9, Nutrition Score:17.887826057232%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 270.91kcal (13.55%), Fat: 17.11g (26.32%), Saturated Fat: 3.01g (18.83%), Carbohydrates: 21.18g (7.06%), Net Carbohydrates: 16.72g (6.08%), Sugar: 7.26g (8.07%), Cholesterol: 24.75mg (8.25%), Sodium: 506.08mg (22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.3%), Vitamin K: 73.35µg (69.86%), Vitamin C: 40.41mg (48.98%), Vitamin A: 1739.64IU (34.79%), Vitamin B6: 0.53mg (26.55%), Potassium: 755.26mg (21.58%), Phosphorus: 206.7mg (20.67%), Manganese: 0.41mg (20.5%), Fiber: 4.46g (17.82%), Vitamin B3: 3.5mg (17.48%), Folate: 66.51µg (16.63%), Selenium: 10.28µg (14.69%), Vitamin E: 1.97mg (13.16%), Magnesium: 50.87mg (12.72%),

Iron: 2.09mg (11.62%), Zinc: 1.7mg (11.3%), Vitamin B1: 0.17mg (11.21%), Copper: 0.21mg (10.7%), Vitamin B2: 0.18mg (10.56%), Vitamin B5: 0.84mg (8.43%), Calcium: 68.41mg (6.84%), Vitamin B12: 0.31µg (5.13%)