



Black and Blue Pasta Salad with Steak

READY IN



85 min.

SERVINGS



4

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 box ranch & bacon pasta salad mix betty suddenly salad®
- ☐ 0.5 cup cheese dressing blue
- ☐ 0.5 cup onion red finely chopped
- ☐ 15 oz black beans rinsed drained canned
- ☐ 1 lb top round boneless
- ☐ 1 tablespoon garlic
- ☐ 0.3 cup cheese crumbles blue
- ☐ 1 serving fried onions

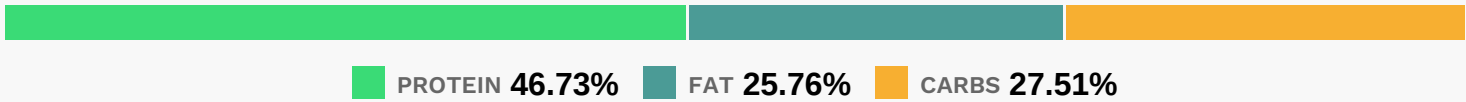
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Pour pasta (from Suddenly Salad box) into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- ☐ Drain pasta. Rinse with cold water; drain well.
- ☐ In medium bowl, stir together seasoning (from Suddenly Salad box) and blue cheese dressing.
- ☐ Add cooked pasta, onion and black beans until well blended. Cover; refrigerate 1 hour.
- ☐ Meanwhile, heat gas or charcoal grill. Rub steak on both sides with garlic pepper.
- ☐ Place steak on grill over medium-high heat. Cover grill; cook steak about 6 minutes on each side or until meat thermometer inserted in center of steak reads
- ☐ °F.
- ☐ To serve, place pasta salad on large serving platter.
- ☐ Cut steak into thin slices; arrange over pasta salad.
- ☐ Sprinkle with blue cheese crumbles.
- ☐ Garnish with French-fried onions.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:21.29695669594%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg,

Myricetin: 0.04mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 316.54kcal (15.83%), Fat: 8.91g (13.71%), Saturated Fat: 3.82g (23.87%), Carbohydrates: 21.42g (7.14%), Net Carbohydrates: 13.69g (4.98%), Sugar: 1.79g (1.99%), Cholesterol: 75.81mg (25.27%), Sodium: 872.24mg (37.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.38g (72.77%), Selenium: 39.65µg (56.65%), Vitamin B6: 0.9mg (44.87%), Phosphorus: 435.76mg (43.58%), Vitamin B3: 8.6mg (42.99%), Zinc: 6.11mg (40.76%), Fiber: 7.73g (30.91%), Vitamin B12: 1.7µg (28.4%), Iron: 4.52mg (25.09%), Potassium: 811.39mg (23.18%), Folate: 89.02µg (22.26%), Vitamin B2: 0.36mg (21.45%), Vitamin B1: 0.28mg (18.56%), Magnesium: 72.14mg (18.04%), Copper: 0.35mg (17.28%), Manganese: 0.32mg (16.18%), Calcium: 142.28mg (14.23%), Vitamin B5: 1.15mg (11.48%), Vitamin C: 5.07mg (6.15%), Vitamin K: 3.33µg (3.17%), Vitamin E: 0.43mg (2.88%), Vitamin A: 72.05IU (1.44%)