



 **54%**
HEALTH SCORE

Black and Blue Steak Salad with Asparagus and Red Peppers

 **Gluten Free**  **Popular**

READY IN



20 min.

SERVINGS



4

CALORIES



402 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound asparagus trimmed
- 0.3 cup balsamic vinaigrette
- 0.3 cup cheese blue crumbled
- 6 ounce greens mixed
- 1 tablespoon olive oil
- 1 bell pepper red seeded thinly sliced
- 1 onion red cut into wedges

- 1 pound steak such as rib eye room temperature
- 4 servings your favourite steak spice blend to taste

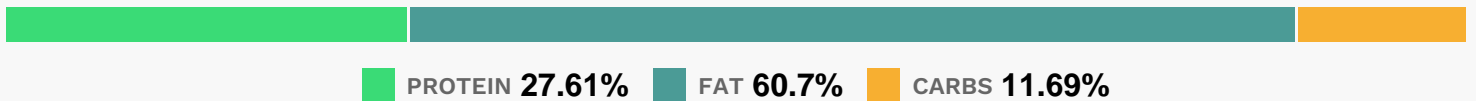
Equipment

- grill

Directions

- Brush the grill with the olive oil and heat it up to medium.
- Add the red pepper, onion and asparagus and grill until tender, about 5–8 minutes and set aside. Rub the salt and pepper (or steak spice blend) into the steak on both sides. Grill the steak for no more than 2 minutes per side over medium–high heat.
- Let the steak rest for 5 minutes and then slice it thinly. Assemble salad and toss in the balsamic vinaigrette.
- Serve salad topped with the steak and blue cheese.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:1.65, Inflammation Score:-9, Nutrition Score:27.216956221539%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 21.5mg, Quercetin: 21.5mg, Quercetin: 21.5mg, Quercetin: 21.5mg

Nutrients (% of daily need)

Calories: 401.54kcal (20.08%), Fat: 27.69g (42.6%), Saturated Fat: 9.78g (61.12%), Carbohydrates: 12g (4%), Net Carbohydrates: 8.1g (2.95%), Sugar: 5.12g (5.69%), Cholesterol: 75.5mg (25.17%), Sodium: 304.68mg (13.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.33g (56.67%), Vitamin C: 56.35mg (68.31%), Vitamin K: 58.97µg (56.16%), Vitamin A: 2370.79IU (47.42%), Zinc: 6.89mg (45.94%), Selenium: 31.88µg (45.55%), Vitamin B3: 7.35mg (36.75%), Vitamin B6: 0.73mg (36.68%), Vitamin B12: 1.99µg (33.09%), Vitamin B2: 0.52mg (30.73%), Iron: 5.24mg (29.14%), Phosphorus: 288.69mg (28.87%), Folate: 102.42µg (25.61%), Potassium: 743.27mg (21.24%),

Vitamin B1: 0.31mg (20.51%), Manganese: 0.36mg (18.06%), Copper: 0.35mg (17.48%), Vitamin E: 2.46mg (16.43%),
Fiber: 3.9g (15.59%), Magnesium: 55.33mg (13.83%), Calcium: 111.12mg (11.11%), Vitamin B5: 0.64mg (6.45%), Vitamin
D: 0.16µg (1.04%)