



WHATSheATE



HEALTH SCORE

62%

Brazilian Grilled Steak Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



486 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



8 ounces baby spinach packed ()



0.3 cup canola oil



1 tablespoon sriracha



1.5 pounds flank steak thinly sliced



2 garlic clove finely chopped



1 teaspoon ginger fresh shredded finely



1 tablespoon honey



1 juice of lime

- ☐ 1 orange juice
- ☐ 5 tablespoons soy sauce divided reduced-sodium
- ☐ 0.5 pineapple peeled cut into 1/2-in. rounds
- ☐ 2 bell pepper red stemmed seeded quartered
- ☐ 2 teaspoons seasoned rice vinegar

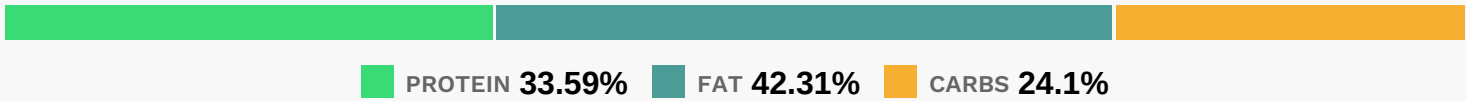
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ grill
- ☐ tongs

Directions

- ☐ Heat grill to medium (350 to 450). In a medium bowl, whisk together honey, 2 tbsp. soy sauce, the garlic, and ginger.
- ☐ Add steak and toss to coat. Grill pineapple and peppers with lid down until beginning to char, turning once, 3 to 6 minutes total.
- ☐ Transfer to a plate, core pineapple, and cut pineapple and peppers into chunks.
- ☐ Whisk together lime juice, orange zest and juice, remaining 3 tbsp. soy sauce, the vinegar, chili garlic sauce, and oil in a small bowl; set dressing aside. Oil cooking grate, using tongs and a wad of oiled paper towels. Grill steak with lid down until meat is sizzling and mostly browned, turning once, 2 to 4 minutes total, being careful slices don't fall through grate.
- ☐ Toss together spinach, pineapple, bell pepper, steak, and dressing in a large bowl until evenly coated.

Nutrition Facts



Properties

Glycemic Index:80.48, Glycemic Load:11.98, Inflammation Score:-10, Nutrition Score:43.748695871104%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 485.87kcal (24.29%), Fat: 23.15g (35.61%), Saturated Fat: 4.65g (29.08%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 25.17g (9.15%), Sugar: 20.44g (22.71%), Cholesterol: 102.06mg (34.02%), Sodium: 1068.14mg (46.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.34g (82.68%), Vitamin K: 289.67µg (275.88%), Vitamin C: 156.44mg (189.62%), Vitamin A: 7279.11IU (145.58%), Manganese: 1.76mg (88.13%), Vitamin B6: 1.5mg (75.05%), Selenium: 51.31µg (73.3%), Vitamin B3: 12.47mg (62.35%), Zinc: 7.3mg (48.68%), Folate: 194.1µg (48.52%), Phosphorus: 435.47mg (43.55%), Potassium: 1265.31mg (36.15%), Vitamin E: 5.16mg (34.43%), Magnesium: 119.7mg (29.92%), Iron: 5.1mg (28.32%), Vitamin B2: 0.45mg (26.29%), Vitamin B12: 1.55µg (25.8%), Vitamin B1: 0.31mg (20.98%), Fiber: 4.5g (18.02%), Copper: 0.36mg (17.93%), Vitamin B5: 1.65mg (16.53%), Calcium: 122.68mg (12.27%)