



WHATSheATE



Corned-Beef Salad with Thousand Island Dressing and Rye Croutons

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



871 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 tablespoons cooking oil
- ☐ 0.5 pound corned beef ribs sliced cut into 1/2-inch-wide strips
- ☐ 0.8 pound leaf lettuce green ()
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 1 hard-cooked egg chopped
- ☐ 1 pound iceberg lettuce ()
- ☐ 2 tablespoons catsup

- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon relish
- ☐ 3 cups cubes rye bread
- ☐ 0.8 teaspoon salt
- ☐ 3 scallions white green chopped
- ☐ 1 Dash worcestershire sauce

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat the oven to 35
- ☐ Put the bread cubes on a baking sheet and toss them with the oil and 1/4 teaspoon each of the salt and pepper.
- ☐ Bake, stirring occasionally, until the croutons are crisp and starting to brown, 5 to 10 minutes.
- ☐ In a small bowl, whisk together the mayonnaise, ketchup, Worcestershire sauce, 1/4 teaspoon of the salt, and the remaining 1/4 teaspoon pepper.
- ☐ Add the pickle relish, the egg, and the scallion bulbs and stir to combine.
- ☐ In a large bowl, toss together the lettuces, scallion tops, and corned beef.
- ☐ Serve topped with the dressing and the croutons.
- ☐ Variations:: Instead of the corned beef, add strips of deli pastrami, ham, or turkey.: Use romaine instead of iceberg lettuce.
- ☐ Wine Recommendation: Since the trade embargo was lifted in 1991, South African wines have become readily available here. The country's unique pinotage, a red grape created by crossing pinot noir and cinsault, has rich red-berry flavors and a hint of earthiness.

Nutrition Facts



 PROTEIN **12.71%**  FAT **43.45%**  CARBS **43.84%**

Properties

Glycemic Index:49.58, Glycemic Load:40.36, Inflammation Score:-10, Nutrition Score:43.222174063973%

Flavonoids

Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

Nutrients (% of daily need)

Calories: 871.34kcal (43.57%), Fat: 42.16g (64.86%), Saturated Fat: 7.91g (49.44%), Carbohydrates: 95.69g (31.9%), Net Carbohydrates: 82.56g (30.02%), Sugar: 11.86g (13.18%), Cholesterol: 89mg (29.67%), Sodium: 2538.16mg (110.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.75g (55.5%), Vitamin K: 205.31µg (195.53%), Vitamin A: 7098.76IU (141.98%), Selenium: 70.84µg (101.2%), Manganese: 1.89mg (94.42%), Folate: 276.66µg (69.16%), Vitamin B1: 0.92mg (61.28%), Fiber: 13.13g (52.54%), Vitamin B2: 0.87mg (51.25%), Vitamin B3: 9.46mg (47.31%), Iron: 7.63mg (42.4%), Phosphorus: 370.19mg (37.02%), Vitamin C: 29.09mg (35.26%), Zinc: 4.2mg (27.97%), Magnesium: 103.4mg (25.85%), Potassium: 863.44mg (24.67%), Copper: 0.47mg (23.67%), Vitamin B6: 0.46mg (22.88%), Vitamin E: 3.1mg (20.7%), Calcium: 202.46mg (20.25%), Vitamin B12: 1.18µg (19.69%), Vitamin B5: 1.56mg (15.58%), Vitamin D: 0.33µg (2.21%)