



Dijon Beef and Spring Greens

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup alfalfa sprouts
- 1.5 tablespoons balsamic vinegar
- 2 ounces cheese blue crumbled
- 0.3 cup dijon mustard
- 1 garlic clove minced
- 12 ounce spring greens
- 1 small bell pepper red seeded cut into thin strips
- 9 ounces deli roast beef diagonally sliced

2 teaspoons sugar

Equipment

bowl

whisk

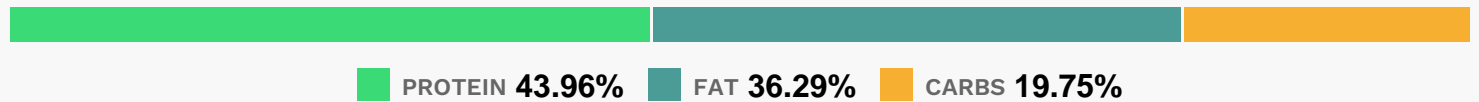
Directions

Combine first 4 ingredients in a small bowl; stir with a wire whisk.

Arrange greens evenly on 4 serving plates; top evenly with beef, red bell pepper strips, cheese, and sprouts.

Drizzle salads with mustard dressing.

Nutrition Facts



Properties

Glycemic Index:60.27, Glycemic Load:2.35, Inflammation Score:-8, Nutrition Score:16.703043449184%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 169.54kcal (8.48%), Fat: 6.98g (10.74%), Saturated Fat: 3.48g (21.74%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 7.4g (2.69%), Sugar: 3.98g (4.42%), Cholesterol: 46.99mg (15.66%), Sodium: 1318.81mg (57.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.02g (38.05%), Vitamin C: 72.75mg (88.18%), Vitamin A: 1671.05IU (33.42%), Vitamin B3: 5.65mg (28.23%), Calcium: 279.92mg (27.99%), Phosphorus: 237.93mg (23.79%), Vitamin B6: 0.42mg (21.1%), Vitamin B12: 1.26µg (20.96%), Zinc: 3.06mg (20.37%), Selenium: 12.12µg (17.32%), Folate: 53.48µg (13.37%), Iron: 2.34mg (13.02%), Manganese: 0.25mg (12.61%), Potassium: 436.58mg (12.47%), Vitamin B2: 0.21mg (12.21%), Magnesium: 37.72mg (9.43%), Vitamin B1: 0.1mg (6.82%), Vitamin B5: 0.67mg (6.72%), Copper: 0.12mg (5.9%), Fiber: 1.15g (4.61%), Vitamin K: 2.75µg (2.62%), Vitamin E: 0.38mg (2.56%)