



 **53%**
HEALTH SCORE

Flank Steak-and-Blue Cheese Quesadilla Salad

READY IN



45 min.

SERVINGS



4

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 ounces cheese blue crumbled
- 0.5 pound flank steak
- 4 8-inch flour tortillas fat-free ()
- 3 tablespoons dijon-lemon vinaigrette
- 10 cup torn leaf lettuce red
- 1 cup onion red vertically sliced
- 1.5 tablespoons red wine vinegar
- 0.3 teaspoon salt

- 1.5 tablespoons sugar
- 2 large tomatoes cut into 8 wedges

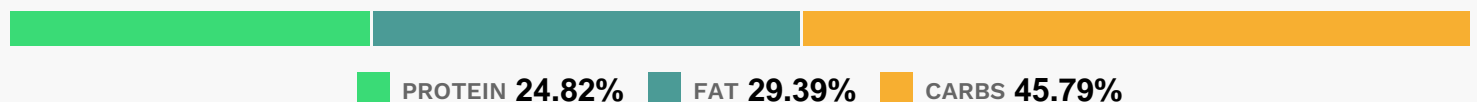
Equipment

- bowl
- frying pan
- grill

Directions

- Prepare grill.
- To prepare vinaigrette, combine first 5 ingredients; set aside.
- To prepare the quesadillas, sprinkle steak with salt and 1/4 teaspoon pepper.
- Place the steak on grill rack coated with cooking spray, and cook 4 minutes on each side or until done.
- Let stand 5 minutes.
- Cut steak diagonally across grain into thin slices.
- Sprinkle 1/4 cup cheese evenly over each of 2 tortillas. Divide steak evenly over cheese; top with the remaining tortillas.
- Heat a large nonstick skillet coated with cooking spray over medium heat. Cook quesadillas 4 minutes on each side or until golden brown.
- Remove the quesadillas from pan, and cut each into 8 wedges.
- Combine the vinaigrette, lettuce, onion, and tomato in a large bowl; toss well. Divide salad evenly among 4 plates; top each serving with 4 quesadilla wedges.

Nutrition Facts



Properties

Glycemic Index:63.4, Glycemic Load:13.15, Inflammation Score:-10, Nutrition Score:27.227826251932%

Flavonoids

Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg Eriodictyol: 2.37mg, Eriodictyol: 2.37mg, Eriodictyol: 2.37mg, Eriodictyol: 2.37mg Hesperetin: 3.09mg, Hesperetin: 3.09mg, Hesperetin: 3.09mg, Hesperetin: 3.09mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 14.1mg, Quercetin: 14.1mg, Quercetin: 14.1mg, Quercetin: 14.1mg

Nutrients (% of daily need)

Calories: 347.18kcal (17.36%), Fat: 11.41g (17.55%), Saturated Fat: 5.38g (33.65%), Carbohydrates: 39.99g (13.33%), Net Carbohydrates: 35.47g (12.9%), Sugar: 11.16g (12.4%), Cholesterol: 44.65mg (14.88%), Sodium: 738.15mg (32.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.67g (43.35%), Vitamin A: 6114.51IU (122.29%), Vitamin K: 110.25µg (105%), Selenium: 31.48µg (44.97%), Vitamin B3: 6.75mg (33.77%), Phosphorus: 329.91mg (32.99%), Vitamin B6: 0.6mg (29.83%), Vitamin C: 23.92mg (29%), Manganese: 0.58mg (28.97%), Folate: 108.1µg (27.03%), Vitamin B1: 0.4mg (26.86%), Iron: 4.05mg (22.48%), Zinc: 3.19mg (21.28%), Calcium: 206.52mg (20.65%), Vitamin B2: 0.35mg (20.5%), Potassium: 717.63mg (20.5%), Fiber: 4.53g (18.12%), Magnesium: 50.69mg (12.67%), Vitamin B12: 0.69µg (11.48%), Copper: 0.2mg (9.79%), Vitamin B5: 0.94mg (9.4%), Vitamin E: 0.82mg (5.48%)