



## Grilled Balsamic Beef Salad

 Gluten Free

READY IN



155 min.

SERVINGS



6

CALORIES



341 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup balsamic vinegar
- 0.3 cup water
- 0.7 ounce salad dressing italian
- 1 tablespoon vegetable oil
- 1 pound beef top sirloin steaks boneless thick
- 4 cups the salad fresh
- 2 cups arugula
- 2 roma tomatoes chopped (plum)

- 4 ounces portabello mushrooms sliced
- 3 ounces mozzarella cheese shredded
- 0.7 cup caesar dressing

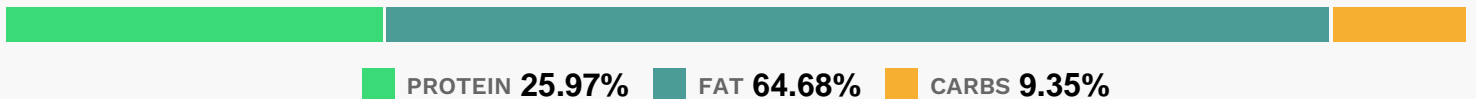
## Equipment

- bowl
- grill

## Directions

- Mix vinegar and water in small bowl. Stir in dressing mix. Stir in oil. Divide dressing mixture in half.
- Place beef in shallow glass or plastic dish or heavy-duty resealable plastic food-storage bag.
- Pour half of the dressing mixture over beef; turn beef to coat. Cover dish or seal bag and refrigerate at least 2 hours. Cover and refrigerate remaining dressing.
- Heat coals or gas grill for direct heat.
- Remove beef from marinade; reserve marinade. Cover and grill beef 4 to 5 inches from medium heat 15 to 20 minutes, turning and brushing with marinade occasionally, until desired doneness. Discard any remaining marinade.
- Cut beef into 3x 1/4-inch slices.
- Divide salad greens, arugula, tomatoes and mushrooms among 4 plates. Top with beef; drizzle with remaining dressing.
- Sprinkle with cheese and croutons.

## Nutrition Facts



## Properties

Glycemic Index:24.5, Glycemic Load:2.15, Inflammation Score:-6, Nutrition Score:15.200434588868%

## Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## **Nutrients (% of daily need)**

Calories: 340.54kcal (17.03%), Fat: 24.07g (37.03%), Saturated Fat: 5.62g (35.1%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 7.1g (2.58%), Sugar: 5.57g (6.18%), Cholesterol: 65.98mg (21.99%), Sodium: 496.85mg (21.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.5%), Selenium: 29.82µg (42.6%), Vitamin K: 43.49µg (41.42%), Vitamin B3: 6.06mg (30.3%), Vitamin B6: 0.56mg (27.97%), Phosphorus: 258.42mg (25.84%), Zinc: 3.71mg (24.73%), Vitamin B12: 1.05µg (17.52%), Vitamin A: 739.18IU (14.78%), Potassium: 503.05mg (14.37%), Vitamin E: 1.88mg (12.52%), Calcium: 123.98mg (12.4%), Vitamin C: 10.11mg (12.25%), Iron: 2.1mg (11.68%), Vitamin B2: 0.18mg (10.65%), Folate: 36.07µg (9.02%), Vitamin B5: 0.83mg (8.31%), Magnesium: 31.9mg (7.97%), Copper: 0.15mg (7.74%), Manganese: 0.15mg (7.43%), Vitamin B1: 0.09mg (6.26%), Fiber: 0.73g (2.92%)