

# Grilled Balsamic Beef Salad

 **Gluten Free**

READY IN



**155 min.**

SERVINGS



**6**

CALORIES



**213 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 cups arugula
- 4 ounces portabello mushrooms sliced
- 4 cups the salad fresh
- 0.5 cup balsamic vinegar
- 1 pound beef top sirloin steaks boneless thick
- 0.7 cup croutons
- 0.7 ounce salad dressing italian
- 2 roma tomatoes chopped (plum)

- 3 ounces mozzarella cheese shredded
- 1 tablespoon vegetable oil
- 0.3 cup water

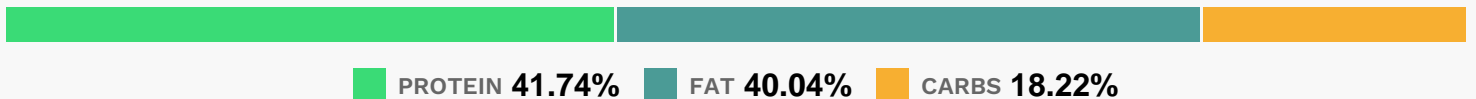
## Equipment

- 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:36.5, Glycemic Load:3.79, Inflammation Score:-6, Nutrition Score:13.812173874482%

## 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: 212.59kcal (10.63%), Fat: 9.2g (14.15%), Saturated Fat: 3.37g (21.07%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 8.65g (3.14%), Sugar: 4.83g (5.37%), Cholesterol: 55.8mg (18.6%), Sodium: 204.17mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.58g (43.16%), Selenium: 30.65µg (43.79%), Vitamin B3: 6.23mg (31.15%), Vitamin B6: 0.55mg (27.68%), Phosphorus: 257.3mg (25.73%), Zinc: 3.71mg (24.74%), Vitamin B12: 1.04µg (17.39%), Vitamin K: 16.08µg (15.31%), Vitamin A: 730.3IU (14.61%), Potassium: 499.61mg (14.27%), Vitamin C: 10.03mg (12.16%), Calcium: 113.98mg (11.4%), Vitamin B2: 0.19mg (11.03%), Iron: 1.96mg (10.87%), Folate: 39.95µg (9.99%), Vitamin B5: 0.82mg (8.24%), Magnesium: 32.41mg (8.1%), Copper: 0.16mg (7.88%), Manganese: 0.16mg (7.76%), Vitamin B1: 0.11mg (7.47%), Vitamin E: 0.64mg (4.27%), Fiber: 0.77g (3.08%)