



Grilled Beef and Bean Salad with Tomatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



68 kcal

SIDE DISH

Ingredients

- 0.3 cup grey poupon dijon mustard
- 1 lb green beans cooked trimmed drained
- 4 lettuce leaves
- 6 plum tomatoes sliced
- 0.5 cup classic ranch dressing kraft
- 1 lb top round beef steak thinly sliced

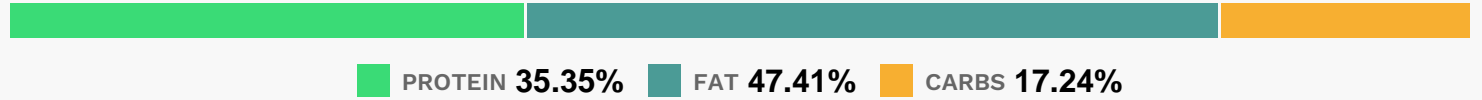
Equipment

- whisk

Directions

- Beat dressing and mustard with wire whisk until well blended; cover. Refrigerate until ready to use.
- Cover large serving platter with lettuce. Top with meat, beans and tomatoes.
- Drizzle with the dressing mixture.

Nutrition Facts



Properties

Glycemic Index:5.8, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:6.0313043506897%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 68.05kcal (3.4%), Fat: 3.63g (5.58%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 1.95g (0.71%), Sugar: 1.6g (1.78%), Cholesterol: 15.39mg (5.13%), Sodium: 106.45mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.17%), Vitamin K: 19.58µg (18.65%), Vitamin A: 671.31IU (13.43%), Selenium: 8.67µg (12.38%), Vitamin B6: 0.21mg (10.48%), Vitamin B3: 1.88mg (9.38%), Phosphorus: 79.8mg (7.98%), Zinc: 1.16mg (7.75%), Vitamin C: 6.19mg (7.5%), Potassium: 194.35mg (5.55%), Vitamin B12: 0.32µg (5.27%), Manganese: 0.1mg (5.16%), Iron: 0.84mg (4.67%), Vitamin B2: 0.07mg (4.27%), Fiber: 1.02g (4.07%), Magnesium: 15.8mg (3.95%), Folate: 15.73µg (3.93%), Vitamin B1: 0.06mg (3.91%), Vitamin B5: 0.28mg (2.79%), Vitamin E: 0.42mg (2.78%), Copper: 0.05mg (2.72%), Calcium: 20.61mg (2.06%)