



Grilled Beef and Spring Onion Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



516 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons dijon mustard
- ☐ 2 tablespoons garlic minced
- ☐ 2 teaspoons kosher salt
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 1 teaspoon pepper
- ☐ 3 qts radish greens and arugula mixed loosely packed (or all arugula)
- ☐ 1 lb pink radishes red thick cut into wedges
- ☐ 1.5 pounds round sliced

- ☐ 6 servings salad
- ☐ 12 spring onion ends trimmed
- ☐ 1 teaspoon sugar
- ☐ 2 cups sunflower sprouts
- ☐ 6 servings balsamic vinaigrette salad dressing
- ☐ 0.3 cup citrus champagne vinegar

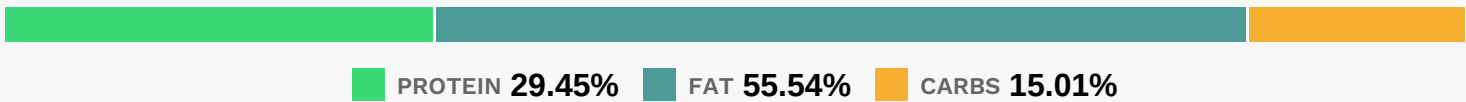
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk together vinaigrette ingredients in a large bowl and pour half into a small bowl.
- ☐ Add beef and onions to large bowl, stir to coat, and chill 3 hours (or let sit at room temperature 2 hours), stirring once.
- ☐ Heat a gas or charcoal grill to medium (350). Oil cooking grate and grill onions until softened and lightly charred, turning once, 8 to 10 minutes. Increase heat to high (500)
- ☐ and grill beef in 3 batches, letting heat come back up to 500 before starting a new batch. Cook, turning once, about 3 minutes total per batch, or until browned and cooked through (cut to test).
- ☐ Toss greens and radishes in a large serving bowl with half of reserved dressing. Toss beef and sprouts with remaining dressing. Divide greens among large plates and top with grilled beef, onions, and sunflower sprouts.

Nutrition Facts



Properties

Glycemic Index:38.02, Glycemic Load:1.58, Inflammation Score:-9, Nutrition Score:36.264347646547%

Flavonoids

Pelargonidin: 47.73mg, Pelargonidin: 47.73mg, Pelargonidin: 47.73mg, Pelargonidin: 47.73mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 516.47kcal (25.82%), Fat: 34.61g (53.24%), Saturated Fat: 9.6g (59.99%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 17.82g (6.48%), Sugar: 2.79g (3.1%), Cholesterol: 80.51mg (26.84%), Sodium: 978.8mg (42.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.28g (82.57%), Vitamin C: 409.17mg (495.96%), Vitamin B2: 2.61mg (153.59%), Calcium: 1327.88mg (132.79%), Vitamin B1: 1.05mg (69.95%), Vitamin K: 57.65µg (54.9%), Phosphorus: 511.45mg (51.14%), Vitamin B3: 9.18mg (45.91%), Iron: 7.48mg (41.53%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.69mg (37.94%), Magnesium: 145.39mg (36.35%), Selenium: 20.73µg (29.62%), Vitamin B6: 0.51mg (25.29%), Potassium: 647.92mg (18.51%), Folate: 57.66µg (14.41%), Manganese: 0.29mg (14.28%), Vitamin A: 706.36IU (14.13%), Fiber: 3.22g (12.88%), Vitamin E: 1.45mg (9.68%), Copper: 0.17mg (8.32%), Vitamin B5: 0.8mg (8.03%)