



WHATSheATE



Grilled Beef, Jícama, and Apple Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cilantro leaves fresh plus more for garnish
- ☐ 1 pound apples green cored
- ☐ 2 teaspoons jalapeno diced seeded
- ☐ 1.5 pounds jicama peeled
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 teaspoons lime zest finely grated
- ☐ 0.3 cup rice vinegar

- ☐ 3 tablespoons roasted peanuts chopped
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1.3 pounds beef top sirloin steaks boneless (ranch steak)

Equipment

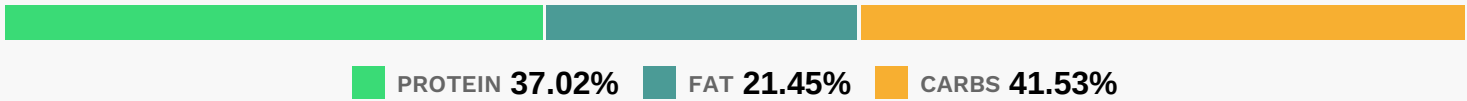
- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat. Season the steak with the salt and pepper and grill until medium-rare, 3 to 4 minutes per side.
- ☐ Let the meat rest for 5 minutes, then cut across the grain into 1/4-inch-thick slices.
- ☐ In a small bowl, combine the lime juice, vinegar, and sugar and whisk until the sugar is partially dissolved. Using the shredder attachment of a food processor, shred the jícama and apples; transfer to a bowl.
- ☐ Add the cilantro, lime zest, jalapeño, and dressing, and toss to combine.
- ☐ To serve, mound 1 1/2 cups of the salad into each serving bowl and top with about 7 slices of beef.
- ☐ Garnish each bowl with additional cilantro leaves and about 2 teaspoons of toasted peanuts.
- ☐ Serve immediately.
- ☐ SERVING SIZE 1 1/2 cups salad, about 7 slices beef, and 2 tablespoons peanutsPER SERVING
Calories 370; Total Fat 11 g (Sat Fat 3.5 g; Mono Fat 4.5 g; Poly Fat 1.5 g); Protein 34 g; Carb 37 g; Fiber 11 g; Cholesterol 50 mg; Sodium 670 mgEXCELLENT SOURCE OF Fiber, Iron, Niacin, Phosphorus, Potassium, Protein, Selenium, Vitamin B6, Vitamin B12, Vitamin C, ZincGOOD SOURCE OF Copper, Folate, Magnesium, Manganese, Pantothenic Acid, Riboflavin, Thiamin, Vitamin K
- ☐ So Easy

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Nutrition Facts



Properties

Glycemic Index:73.77, Glycemic Load:9.4, Inflammation Score:-7, Nutrition Score:24.693913169529%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 378.6kcal (18.93%), Fat: 9.1g (14%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 39.64g (13.21%), Net Carbohydrates: 27.67g (10.06%), Sugar: 21.24g (23.6%), Cholesterol: 83.63mg (27.88%), Sodium: 702.88mg (30.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.34g (70.67%), Selenium: 45.58µg (65.12%), Vitamin C: 47.91mg (58.07%), Vitamin B3: 10.81mg (54.06%), Vitamin B6: 1.05mg (52.37%), Fiber: 11.97g (47.88%), Zinc: 6.17mg (41.13%), Phosphorus: 375.95mg (37.59%), Potassium: 978.28mg (27.95%), Vitamin B12: 1.33µg (22.21%), Iron: 3.7mg (20.53%), Manganese: 0.37mg (18.71%), Magnesium: 73.84mg (18.46%), Vitamin B2: 0.26mg (15.54%), Copper: 0.28mg (14.24%), Folate: 55.22µg (13.8%), Vitamin B5: 1.37mg (13.72%), Vitamin B1: 0.19mg (12.66%), Vitamin K: 11.53µg (10.98%), Vitamin E: 1.56mg (10.4%), Calcium: 71.92mg (7.19%), Vitamin A: 267.61IU (5.35%)