



HEALTH SCORE

87%

Grilled Beef with Spinach and Strawberry Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



270 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups baby spinach
- ☐ 0.8 cup balsamic vinaigrette
- ☐ 1 lb beef top sirloin steaks boneless
- ☐ 0.3 cup spring onion sliced (4 medium)
- ☐ 0.3 cup slivered almonds toasted
- ☐ 2 cups strawberries fresh halved

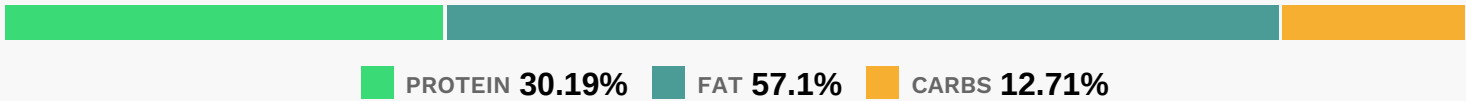
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ In large nonmetal dish or resealable food-storage plastic bag, place steak.
- ☐ Add 1/4 cup of the vinaigrette dressing; turn to coat. Cover dish or seal bag; refrigerate at least 4 hours or overnight to marinate.
- ☐ When ready to grill, heat gas or charcoal grill. When grill is heated, remove steak from marinade; discard marinade.
- ☐ Place steak on gas grill over medium heat or on charcoal grill over medium coals; cover grill. Cook 10 to 12 minutes, turning once, until desired doneness.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ In large bowl, toss spinach, strawberries, onions and remaining 1/2 cup vinaigrette dressing to mix.
- ☐ Divide spinach mixture evenly onto serving plates. Top each with steak slices; sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:2, Inflammation Score:-10, Nutrition Score:30.866521876791%

Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 3.34mg, Kaempferol: 3.34mg, Kaempferol: 3.34mg, Kaempferol: 3.34mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 380.74kcal (19.04%), Fat: 24.01g (36.94%), Saturated Fat: 3.25g (20.33%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 8.59g (3.12%), Sugar: 5.62g (6.25%), Cholesterol: 66.9mg (22.3%), Sodium: 499.09mg (21.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.57g (57.14%), Vitamin K: 233.12µg (222.02%), Vitamin A: 4290.67IU (85.81%), Vitamin C: 56.16mg (68.07%), Selenium: 35.98µg (51.4%), Manganese: 0.86mg (42.91%), Vitamin B6: 0.85mg (42.34%), Vitamin B3: 8.22mg (41.08%), Zinc: 5.11mg (34.07%), Folate: 126.29µg (31.57%), Phosphorus: 313.38mg (31.34%), Potassium: 832.82mg (23.79%), Magnesium: 90.47mg (22.62%), Vitamin E: 3.2mg (21.35%), Iron: 3.68mg (20.46%), Vitamin B2: 0.32mg (18.76%), Vitamin B12: 1.07µg (17.77%), Fiber: 3.44g (13.75%), Copper: 0.26mg (12.75%), Calcium: 108.1mg (10.81%), Vitamin B1: 0.15mg (10.31%), Vitamin B5: 0.9mg (8.97%)