



Grilled-Everything Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



6

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups carrots thinly sliced
- ☐ 6 cups grilled flank steak thinly sliced
- ☐ 2 tablespoons horseradish prepared
- ☐ 1 teaspoon kosher salt
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 3 cups onion sliced
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 3 plum tomatoes halved

- ☐ 3 tablespoons red wine vinegar
- ☐ 10 ounce pkt spinach fresh (or 2 bunches)

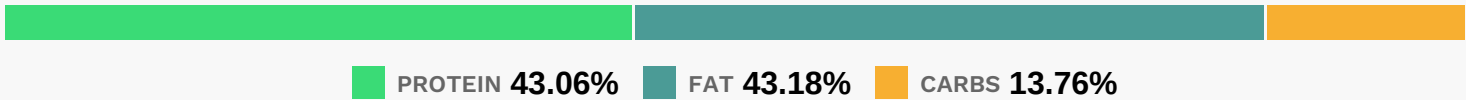
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To make the vinaigrette, whisk together the horseradish, vinegar, olive oil, salt, and pepper in a small bowl. Set aside. Arrange the spinach on a serving platter. Slice the steak and arrange it atop the spinach, along with the grilled vegetables.
- ☐ Drizzle with the vinaigrette and serve.

Nutrition Facts



Properties

Glycemic Index:35.14, Glycemic Load:4.38, Inflammation Score:-10, Nutrition Score:42.260869482289%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 3.72mg, Kaempferol: 3.72mg, Kaempferol: 3.72mg, Kaempferol: 3.72mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 18.43mg, Quercetin: 18.43mg, Quercetin: 18.43mg, Quercetin: 18.43mg

Nutrients (% of daily need)

Calories: 506.19kcal (25.31%), Fat: 24.02g (36.95%), Saturated Fat: 6.62g (41.35%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 12.45g (4.53%), Sugar: 7.84g (8.71%), Cholesterol: 141.95mg (47.32%), Sodium: 621.08mg (27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.88g (107.76%), Vitamin A: 15383.24IU (307.66%), Vitamin K: 249.63µg (237.74%), Selenium: 70.88µg (101.26%), Vitamin B6: 1.74mg (86.84%), Vitamin B3: 16mg (80.01%), Zinc: 9.7mg (64.67%), Phosphorus: 556.51mg (55.65%), Potassium: 1483.12mg (42.37%), Folate: 157.31µg (39.33%), Vitamin B12: 2.15µg (35.88%), Manganese: 0.71mg (35.6%), Vitamin C: 28.5mg (34.55%), Iron: 5.51mg (30.6%), Magnesium: 110.41mg (27.6%), Vitamin E: 3.93mg (26.22%), Vitamin B2: 0.43mg (25.15%), Vitamin B1: 0.3mg

(19.89%), Fiber: 4.77g (19.08%), Vitamin B5: 1.83mg (18.29%), Copper: 0.32mg (15.93%), Calcium: 143.43mg (14.34%)