



WHATSheATE



Grilled Garlic Steak Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 tablespoons red wine vinegar
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon oregano dried fresh chopped
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 cloves garlic finely chopped
- ☐ 1 pound beef top sirloin steaks boneless thick

- ☐ 1 large bell pepper red yellow cut into strips
- ☐ 3 ounces mushrooms sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 6 cups the salad

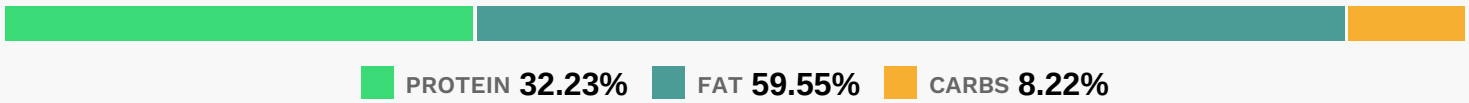
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat coals or gas grill for direct heat. In tightly covered container, shake all dressing ingredients; reserve 1/4 cup.
- ☐ Cover and grill beef over medium heat 15 to 20 minutes, turning once, until desired doneness. In medium bowl, toss bell pepper and mushrooms with 2 tablespoons of the dressing; place in grill basket. Cover and grill vegetables 5 minutes, shaking grill basket to turn vegetables occasionally, until bell pepper is crisp-tender.
- ☐ Sprinkle beef with salt and pepper; cut into 1/4-inch slices. Toss beef and reserved 1/4 cup dressing. In large bowl, place salad greens, vegetables and beef.
- ☐ Add remaining dressing; toss.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:0.22, Inflammation Score:-8, Nutrition Score:16.981304311234%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg
Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 226.36kcal (11.32%), Fat: 14.99g (23.06%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 4.66g (1.55%),
Net Carbohydrates: 3.95g (1.44%), Sugar: 0.39g (0.43%), Cholesterol: 44.6mg (14.87%), Sodium: 155.33mg (6.75%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.26g (36.51%), Vitamin C: 69.56mg (84.32%), Vitamin K:
47.3µg (45.05%), Selenium: 25.05µg (35.79%), Vitamin B3: 5.96mg (29.8%), Vitamin B6: 0.6mg (29.77%), Zinc:
3.28mg (21.87%), Phosphorus: 198.91mg (19.89%), Vitamin A: 684.27IU (13.69%), Potassium: 474.4mg (13.55%),
Vitamin B12: 0.72µg (11.94%), Iron: 1.98mg (10.98%), Vitamin B2: 0.18mg (10.68%), Folate: 38.5µg (9.62%), Vitamin E:
1.34mg (8.95%), Copper: 0.17mg (8.35%), Vitamin B5: 0.83mg (8.26%), Manganese: 0.16mg (7.88%), Magnesium:
29.37mg (7.34%), Vitamin B1: 0.09mg (6.24%), Calcium: 36.03mg (3.6%), Fiber: 0.7g (2.81%)