



## Grilled Meat and Potatoes Salad

 **Gluten Free**  **Dairy Free**

READY IN



205 min.

SERVINGS



25

CALORIES



63 kcal

SIDE DISH

### Ingredients

- 1 lb beef sirloin steak
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 0.5 lb new potatoes quartered
- 0.5 cup onions red thinly sliced
- 10 oz torn salad greens
- 1 large tomatoes cut into wedges

### Equipment

- bowl

- grill
- aluminum foil

## Directions

- Pour 1/4 cup dressing over steak in shallow dish; turn to evenly coat both sides of steak. Refrigerate 3 hours to marinate.
- Heat greased grill to medium heat.
- Place potatoes in center of large sheet of heavy-duty foil. Bring up foil sides.
- Drizzle remaining dressing over potatoes. Fold to make packet.
- Remove steak from marinade; discard marinade.
- Grill steak and potato packet 8 min. on each side or until steak is medium doneness (160F) and potatoes are tender.
- Remove from grill.
- Let steak stand 5 min.
- Cut steak across the grain into thin strips.
- Add to salad greens in large bowl along with the tomatoes, onions and potatoes; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:5.95, Glycemic Load:1.3, Inflammation Score:-2, Nutrition Score:3.0495651701222%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

## Nutrients (% of daily need)

Calories: 62.95kcal (3.15%), Fat: 3.71g (5.71%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.76g (1%), Sugar: 0.91g (1.01%), Cholesterol: 10.16mg (3.39%), Sodium: 60.45mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.41%), Vitamin B12: 0.5µg (8.41%), Vitamin C: 5.67mg (6.87%),

Vitamin B6: 0.12mg (5.87%), Selenium: 3.18µg (4.54%), Phosphorus: 44.54mg (4.45%), Zinc: 0.67mg (4.44%),  
Vitamin B3: 0.87mg (4.35%), Potassium: 139.63mg (3.99%), Vitamin A: 191.4IU (3.83%), Vitamin K: 3.39µg (3.23%),  
Iron: 0.55mg (3.03%), Vitamin B2: 0.04mg (2.56%), Manganese: 0.05mg (2.34%), Vitamin B1: 0.03mg (2.26%),  
Folate: 8.44µg (2.11%), Magnesium: 8.32mg (2.08%), Copper: 0.04mg (1.81%), Fiber: 0.34g (1.37%), Vitamin B5:  
0.11mg (1.07%)